




Bike Games



RIDE or
WALK
to school

This lanyard has a range of games for teachers.

Games with the Safe Cycle emblem  are part of the Safe Cycle Year 5 and 6 cycling education unit but can be used independently.

They are designed to build bike handling confidence and skills through play. Most of these games are designed to develop cycling observation skills, a crucial traffic defensive riding skill.

The Safe Cycle games in blue are best played on a basketball court or similar area using the design over leaf. This course can be used for all of the blue games without needing to reset your activity area. Use chalk or markers to set up the course. Change the size to suit number and size of riders. Green games are best played on grass areas.

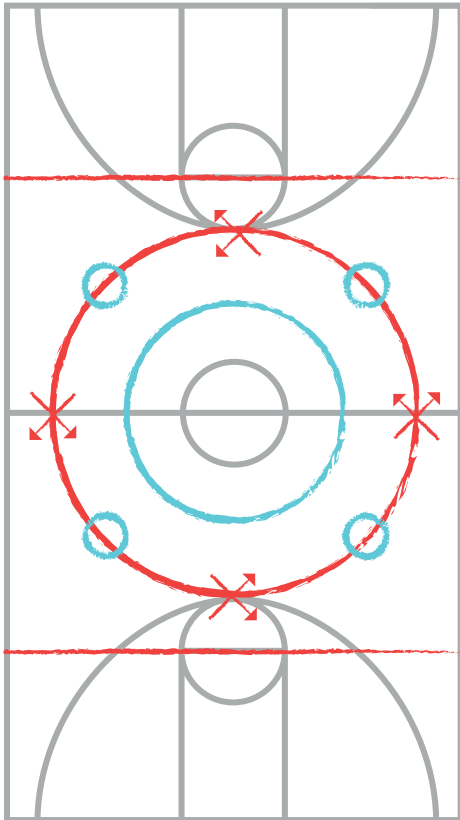
There are a couple of activities in grey for teachers that want to simulate real traffic conditions.

The games in orange are just for fun but will help build student confidence on a bike.

These games and others resources are available to download from paf.org.au

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Games ① to ⑧



1 High Five

Skill level: Beginner

Set up: Large circle

- Riders ride around the circle.
- As they pass the games assistant, they high or low five each other.
- Change directions and go again.

2 Bubble Pop

Skill level: Beginner

Set up: Large circle

- Blow bubbles across the riders path.
- Riders try to pop as many bubbles as they can.
- Riders may ride into bubbles or pop them with their bike, hands or feet.

Variation: Bubble Tag

- Riders need to avoid the bubbles.
- If they are tagged by a bubble they are out.

3 Look Back

Skill level: Beginner to moderate

Set up: Large circles

- Riders ride around in a circle, after they pass the game assistant, they look back and identify if the assistant has their hand up or down.

4 Passing By

Skill level: Moderate

Set up: Basketball court

- Use the outer square of a basketball court.
- Split the class in two, half on the inside riding anti-clockwise, the others outside riding clockwise.
- Do three laps then switch direction.

5 Elimination Circle

Skill level: Moderate

Set up: Circles

- Riders circle around on the larger circle in the same direction.
- As riders circle they must not touch other riders or put a foot down or they are eliminated.
- As riders are eliminated move the remaining riders onto the smaller circles.
- When you are down to 2 riders, they must keep at least one wheel in the inner circle.

6 Catch the Ball

Skill level: Moderate

Set up: 3 circles

- The game assistant stands in the centre circle and passes a tennis ball or similar to riders as they ride around them.
- Riders are to catch the ball with one hand and pass it back to the game assistant.
- If a rider drops the ball, they are eliminated.
- As riders are eliminated, move remaining riders into smaller circles.
- The game becomes harder as riders move in and have less time to react when catching the ball.

Variation

- The difficulty level can be varied by either throwing the ball to the same spot so riders know when it will be their turn, or by throwing to a random rider.

7 Track-stand

Skill level: Moderate to advanced

Set up: Large square or circle

- Riders line up facing inwards with their front wheel on the outside square or circle.
- Riders are to maintain their balance for as long as they can without putting a foot down.
- Riders are not to bounce or roll the bikes further than about 30cm.
- As riders put their foot down they are eliminated.
- When only a few riders are left and they have been balancing well for an extended period, make it harder by asking riders to remove one hand from the handle bars, then one foot from a pedal.



8 Traffic (Balance and Baulk)

Skill level: Advanced

Set up: Large square

- Riders start facing inwards with their rear wheel on the square and begin the game by riding into the square in random directions while trying to get their fellow students eliminated.
- Riders must not put a foot down or make contact with another rider or they are out.
- Riders may stop and do a track-stand (stay still on their bike), but only for 3 seconds, the idea is to keep riders moving.
- As riders are eliminated, move remaining riders into smaller circles.
- When only 2 riders remain, add an extra challenge by giving riders a count-down from 5 to get a wheel within the innermost circle.

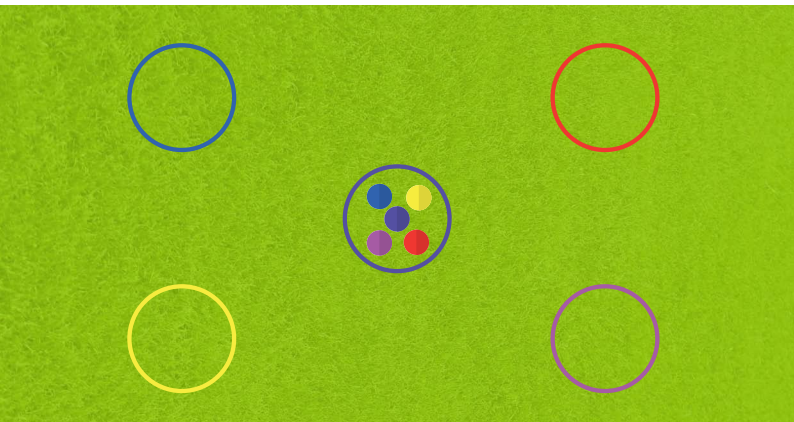
9 Synchronised Riding

Skill level: Advanced

Set up: Circles (4 teams of 2 riders)

- Pairs start side by side on either side of the red circle and start riding around the circle together in the same direction.
- When they pass the small blue circles they must high-five each other. Complete a few revolutions.
- Change task to when riders pass the arrows they must switch who is riding on the inside and who is outside the circle. Complete a few revolutions.
- Combine both tasks, riders are to high five and switch as they pass the different marks.
- Riders must not put a foot down or make contact with another rider or their team is out.
- If a rider misses a task then their team is out.

The next games in green are best played on a large grassed area.



10 Rob the Nest

Equipment:

- 5 hoops
- 20-25 small/medium balls

Game Set up

- Large grass area
- Set up “nests” (hoops) approximately 20m apart as above
- Place “eggs” (balls) in the inner “nest” (hoop)

10 Rob the Nest

Skill level: Moderate

Set up: Large grass area (see diagram over leaf)

- Divide riders into 4 equal groups, standing behind the 4 outside nests with their bikes.
- On go, the first rider from each group rides to the middle nest and collects an egg.
- They ride back and place the egg into to their teams' nest.
- Groups continue to send riders out to collect one egg at a time until all eggs are removed from the middle nest.
- Teacher yells “rob the nest”.
- Groups send one rider at a time to “rob” an egg from another team’s nest and return it to their home nest.
- Game continues for 2 mins (or other pre-determined amount of time).
- Winning team is the team with the most eggs at the end of the game.

Variation

- Once all eggs have been removed from the middle nest, all members of each group ride off to “rob” other nests. This requires a higher riding skill level as their will be many more bikes riding around at once.

11 Mountains and Valleys

Skill level: Moderate

Set up: Large grass area, approx. 30mx30m

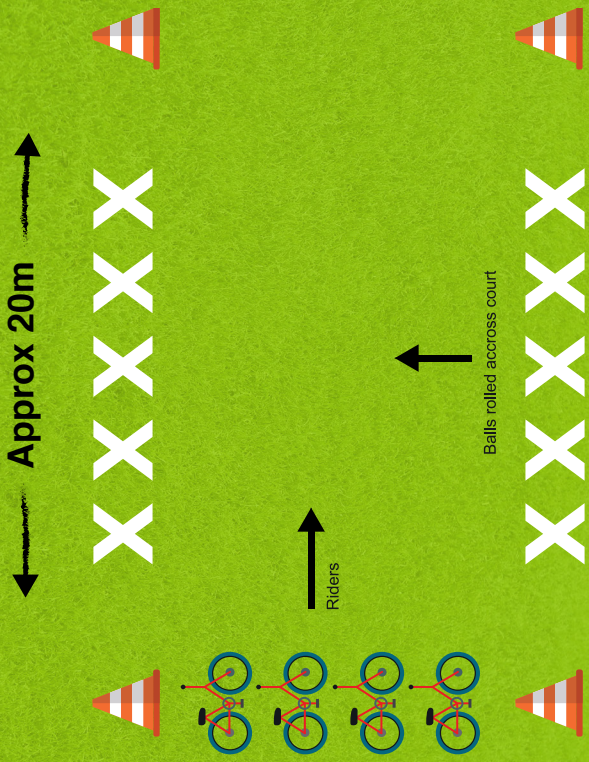
Equipment: 1 small soft dome cone per student

- Split group into two even teams – “mountains” and “valleys”.
- Give each student a small soft dome cone.
- Students spread out around area on their bikes.
- “Mountains” place their cone right side up and “Valleys” place their cone upside down.
- On teacher’s instruction students ride around the area and stop their bike at the other team’s cones to turn them over (ie. Mountain team aims to turn all the cones right side up and Valleys aim to turn all the cones upside down).
- Game continues for a pre-determined amount of time and the winning team is the team with the most “mountain” or “valley” cones.

Variation

- Students cannot turn the 2 of the same coloured cones over in a row.

12 Run the Gauntlet



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Skill level: Moderate

Set up: Large grass area (see diagram over leaf)

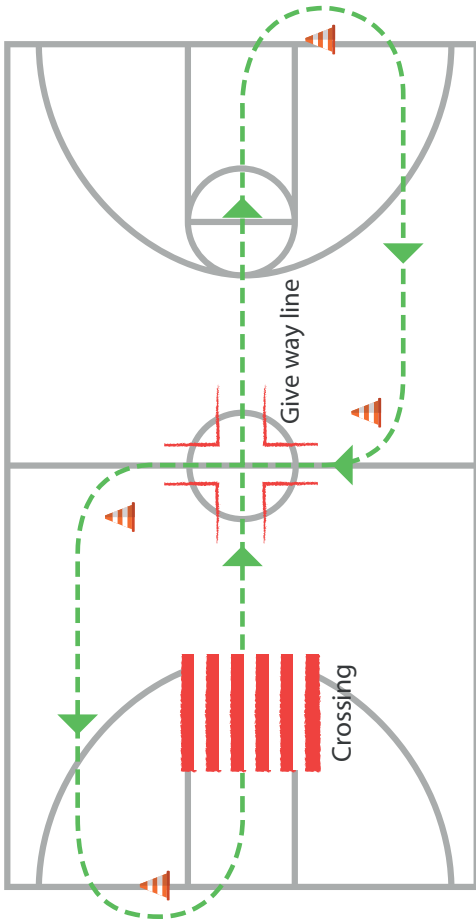
Equipment: 4 cones, medium sized soft balls for half of the students

- Put students in pairs.
- One is the “rider”, the other is the “roller”.
- Riders line up at one end of the area with their bike.
- Rollers split themselves evenly on either side of the area opposite another roller (see Xs in diagram).
- Rollers on one side of the area get a ball.
- On teacher’s instruction, the riders ride slowly from one end of the area to the other while the rollers roll the ball across the area to the opposite roller.
- Riders try to dodge, swerve and avoid hitting balls.
- After a pre-determined number of passes between rollers, riders and rollers swap roles.

Variation

- If a rider gets hit by a ball they have to ride their bike around a pre-determined point (eg. cone, tree) before they re-join the game.

13 Figure 8 Giving Way



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This activity is for teachers who would like to simulate a real traffic environment that students may encounter.

Skill level: Beginner to moderate

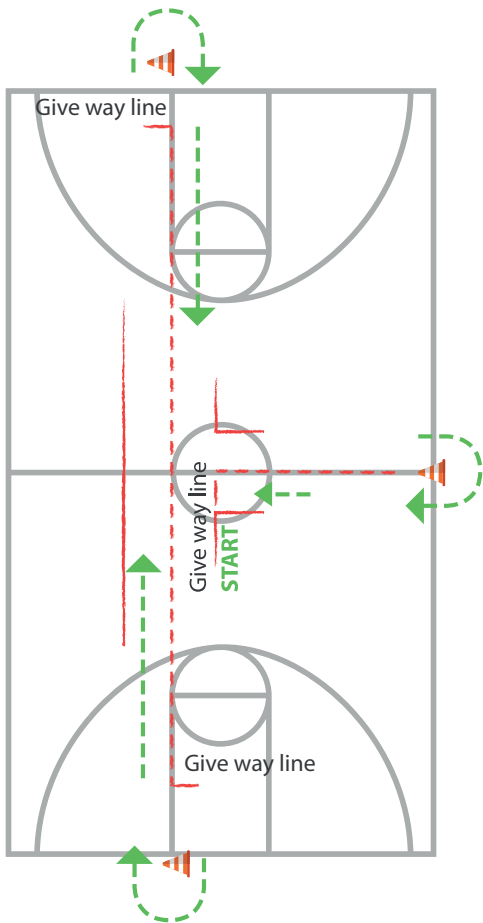
Set up: Basketball court or similar area. Draw crossing and intersection lines and set up cones (see diagram over leaf).

- Non-riding participants walk across crossing at different times.
- Riders loop in the direction indicated, as they pass the crossing or the intersection they will either give way or proceed when safe.

Extension

- Riders to use hand signals when stopping.
- Add extra intersections and pedestrian crossings.

14 T Intersection



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This activity is for teachers who would like to simulate a real traffic environment that students may encounter.

Skill level: Beginner to moderate

Set up: Basketball court or similar area.
Draw intersection lines and set up cones
(see diagram over leaf).

- Riders start at T intersection, turn left and follow the arrows (see diagram).

Extension

- Let students select when they turn left or go straight when they return to the T intersection.
- Riders may loop the roundabout a second time.
- Riders will not need to give-way when another rider has right of way.
- Add extra intersections and roundabouts to allow more variation in free riding.



This next section contains games that are “just for fun”. They are based on games that students may have played in other settings.

The more you can get students on bikes the more confident they will become.

The more fun they have the more likely they are to want to ride their bikes regularly.

15 Whistle Stop

Skill level: Beginner

Set up: Basketball court

- Students ride in one direction around the area.
- Teacher blows whistle and starts counting.
- Riders must stop safely and remain stationary before the count of 3.
- If rider fails to do this, they must remain stationary for the next “whistle stop” before re-entering the game.

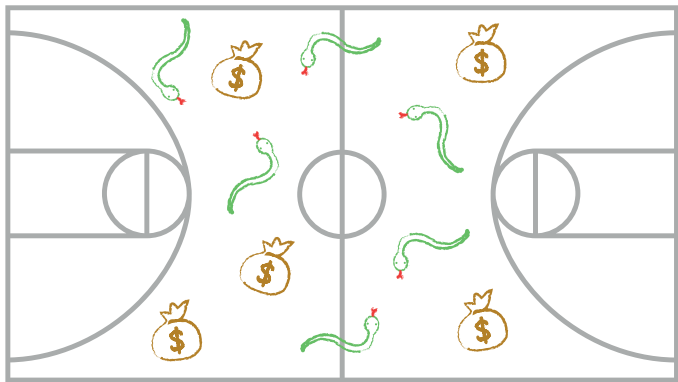


16 Stuck in the Mud

Skill level: Beginner

Set up: Large grassed area or basketball court

- Participants free ride around area.
- Teacher walks around the area tagging riders with “tagging stick” eg feather duster.
- When tagged, riders must stop and remain stationary until ‘released’ by another rider coming past and giving them a ‘High 5’.
- Make game more difficult by adding more taggers.



17 Treasure Hunt

Skill level: Beginner

Set up: Basketball court or similar area. Draw Bags of money, snakes, sharks and other dangerous animals.

- Students free ride within the designated area in any direction.
- They collect “treasure” by running over them.
- If they run over a dangerous animal or hit another rider they are out.

18

Bike Limbo

Skill level: Beginner

Set up: Large grassed area or basketball court

Equipment: Pool noodle or rope

- Identify a game helper to hold pool noodle or 2 people if using a rope.
- In single file, riders take turns and riding under the pool noodle or rope.
- As they pass they need to duck below the pool noodle.

Extension

- The pool noodle is slowly raised and lowered as a boom-gate.
- Riders need to time their approach to pass.
- Riders may be allowed to stop and place their foot down, or they must look ahead and adjust their speed to time their passing to the boom-gate opening.

19 Bicycle Snakes (Follow the Leader)

Skill level: Beginner to moderate

Set up: Large grassed area or basketball court

- Identify a leader.
- The leader free riders, with other students following in single file.
- When the leader double backs, or crosses over their own line riders will need to negotiate letting each other past.

Variation

- This can also be played with multiple small groups.

20 Scatter

Skill level: Beginner to moderate

Set up: Large grassed area or basketball court

Equipment: Bucket/bin, tennis balls (same amount as number of people in each team), 3 teams of riders

- Number teams 1, 2 and 3.
- Teacher calls out a number and throws tennis balls in random directions and distances.
- Riders with that specific number ride bikes out to collect a ball and return to place it in the bucket.
- Eliminate 1 tennis ball at a time, the player who doesn't get to a tennis ball leaves the game and rides around the perimeter practising skills learnt until the game finishes.

21

Musical Bikes

Skill level: Moderate

Set up: Large area (grass or basketball court)

Equipment: 1 marker per student, portable music system

- Place one marker per participant randomly within the area.
- Begin playing music, participants ride between markers being careful not to touch other participants or markers.
- When music stops, participants stop and put their foot on a marker.
- Reduce the number of markers as the game continues until there is only 1 rider left.
- Eliminated participants move to the side and ride around the perimeter practising skills learnt while the game continues.

22 Paper Round

Skill level: Moderate

Set up: Basketball court or large grassed area.

Equipment: 40 rolled up newspapers, 4 bins (2 empty bins and 2 holding bins with 20 papers in each)

- Place 4 bins around outside of area.
- Participants ride to a holding bin and collect a newspaper.
- They then ride past an empty bin and throw the paper aiming to hit the bin.
- Have a student collecting papers and returning them to the holding bin.
- Winner is the student who hits the most bins in pre-determined amount of time.

23

Marble Drop

Skill level: Moderate

Set up: Basketball court or large grassed area, put students in pairs

Equipment: One small tin/container per pair, bag of 10 marbles or small balls per pair

- Place tins in a line in the centre of the area.
- Riders and partners line up on one side.
- Rider takes two marbles from their partner and rides past the tin attempting to drop it in.
- They then ride to other side, turn around and ride past tin again attempting to drop the second marble into the tin.
- Continue until they run out of marbles.
- Partners then swap roles.



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