

# Games

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**One to Two of these games could be played each day, depending on the time allowed.**

## Slug Race

**Set up:** Students line up in a row side by side, front tire on a line, or back tire on a fence

**Overview:** The last person to cross the finish line wins (i.e., the slowest person on a bike). The rules are that students:

- Must keep riding / cannot put a foot down
- Must move forwards (no riding sideways or backward)
- If someone stops in front, you have to stop - you are both out

## No Foot-down Derby

**Set up:** Cones in a large circle

**Overview:** Students all ride in the same direction within a large circle of cones. Over time, the cones are moved in to shrink the circle. The last person still riding wins. If you get 'out', you leave the circle and help move the cones to shrink the circle gradually. The rules are that students:

- Must keep riding / cannot put a foot down
- Must stay inside the circle of cones

## Red Light, Green Light

**Set up:** Students line up in a row, front tire on a line, or back tire on a fence, or have them circling

**Overview:** Call out "red light" to have students stop where they are, or "green light" to have them go.

## What Time Is It Mr. Wolf?

**Set up:** Students get in a row, front tire on a line, or back tire on a fence, or have them circling

**Overview:** Students line up side-by-side on their bike, and one person ("the wolf") stands in front of them with their back to the group. The wolf calls out a number/time between 1-5 (e.g., 3-o'clock), and all riders take that number of pedal strokes to advance forward, then stop again. When the wolf calls "lunchtime," all riders ride forward freely, and the wolf tries to touch them.

## Last Person Standing

**Set up:** Start students riding in the same direction.

**Overview:** Blow the whistle once and students should stand up and keep pedalling. Blow the whistle again and students should stop pedalling but remain standing. See how far they can travel before their bike stops rolling. The pedals should be horizontal (not one up and one down) when standing up.

## Follow the Leader: Explore single-hand riding and cycling on various surfaces

**Set up:** Line students up behind Leader cyclists

**Overview:** Riders should stay 2 bike lengths apart and not pass other cyclists. The leader at the front of the line models a one-handed action on the bike. Everyone riding behind the leader copies this action. Alternate hands so that students become comfortable with either hand off of the handlebars.

**How to Play:** Tap your helmet with one hand, waving with a right or left hand. Pretending to swim with one arm, be creative! Explore riding on ledges, curbs, grass, sand, gravel riding, and hill riding.

## Scatter

**Set Up:** Split the class into two groups and assemble on the grass in the middle of the track.

- Position each group in a row, back-to-back, on their bikes facing away from each other.
- Number students off in the rows (eg, 1 – 15 in each row). Have them say their numbers out loud.

**Overview:** Students ride from the middle of the field, complete a lap, and arrange themselves back in the order they started

**How to Play:** Call out 'scatter', and students ride around in a clockwise direction. Call 'scatter back' or use a whistle, and students ride back to the middle and line up in their lines in the correct numerical order. Repeat, but this time, the students ride anti-clockwise.

**Level Up:** Instead of sending all students simultaneously, call out 'scatter odd numbers' or 'scatter prime numbers', for example, so students enter the track at different times and have to give way to each other.

## Musical Bikes

**Set up:** Start students riding around the space in the same direction. Scatter cones - one less than there are students

**How to Play:** Instructor whistles or sings, and when you stop students put their front tire on a cone. Student that didn't get to the cone in time is out. Play more than once to give everyone a fair shake.