

20 CYCLING GAMES

– MORE FUN CYCLE TRAINING FOR ALL CHILDREN



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FOREWORD

Most of us who are adults today can think back to a childhood that naturally revolved around the bicycle. We played on our bikes with the local children in backyards and on residential streets; many of us were cycling to school and leisure activities at a young age. Nothing gives you freedom, independence and a tingle of delight like zooming off on your bike, with the wind in your hair, into a big, exciting world.

In the last 30 years, the proportion of children being taken to school by car has grown by 200%. And, while 7 out of 10 children cycled to school by themselves in the 1990s, just under 5 out of 10 do so today. This affects children's learning and welfare, and brings with it the many health-related consequences of children's ever more sedentary way of life. It also poses a serious threat to the general health of the nation, the climate and congested urban traffic – not to mention the proud Danish cycling culture.

Children who establish a delight in movement and physical activity at an early age will more naturally keep on cycling when sedentary activities start to loom larger in their daily routine later on. They will also be more inclined to opt for the bike as adults. That's why the Danish Cyclists' Federation works to help children learn and know by experience that being able to get around on your own by bike is fun and gives you freedom and independence – and that the bike is a lifelong source of good experiences.

Cycling games are the first step on the way to kick-starting a love of cycling and becoming a safe cyclist. A child who is busy keeping their balance and keeping their feet on the pedals is not ready to be let out in traffic, where they must be able to concentrate on what is happening around them. Once you can catch soap bubbles and 'tilt at the ring' while riding a bike, though, suddenly you will have enough capacity to keep an eye out for other road users. And then you are well on the way to becoming a traffic-safe cyclist.

This book is primarily for parents of children who are learning to ride a bike, or for those working with children in daycare centres or schools and looking for inspiration for ways to use the bike professionally.

Cycling games are intended mainly for children between the ages of 2 and 12, but many older children nowadays have underdeveloped motor skills, and they too will be able to benefit from these cycling games. Finally, cycling games can be used with adults who come from a home or a culture where cycling did not feature, or with older cyclists needing to relearn safe cycling.

This book describes twenty cycling games that are easy to organize and that can be varied and adapted to children's age and abilities. At www.cyklistforbundet.dk/cyclinggames, you will find resources including short films showing how to play the cycling games with preschool and early-years children.

Have fun!



GET CYCLE-SAFE WITH CYCLING GAMES

Getting to be safe on a bike doesn't just happen. It takes practice. But traditional cycle training, steadying the bike with a broom handle on your street at home, sometimes ends in deadlock – to the great frustration of children and parents alike. Cycling games move the focus away from the training itself, because they are first and foremost about having fun. But cycling games also teach children all they need to know before going out in traffic. Children become noticeably better at riding after a few hours playing cycling games. Among other things, they learn:

- to keep their balance on the bike during different manoeuvres;
- to brake safely;
- to look to the side and behind without wobbling too much;
- to give signals.

In a word, they become what we in the Danish Cyclists' Federation call cycle-safe. And that's what you need to be in order to have energy to spare for remembering the highway code, reading other road users etc. when you go out in traffic later on.

Tip: Children who start on a balance bike often don't need stabilizers or a broom handle when they get their first proper bike.

“ WE CYCLE TO SCHOOL EVERY DAY IN COPENHAGEN IN THE RUSH HOUR, AND I THINK THAT'S ONLY BEEN POSSIBLE BECAUSE HE BECAME SO CONFIDENT AND DID SO MUCH TRAINING IN NURSERY. ”

- MOTHER OF 7-YEAR-OLD BOY



IN SCHOOLS AND CHILDCARE CENTRES

Cycling games can do much more than teach children to ride, though. Cycling games raise children's self-esteem and self-confidence, and boost children's physical, mental, cognitive and social development

In nursery school, cycling games can be used to work on the goals in the six themes of the Danish curriculum. After all, the bicycle is an obvious tool for working on body and motion: plenty of motor skills are involved in learning to control one. But cycling games can also be used to work on such things as social skills and language.

In school, cycling games will be a natural choice for sports periods. But cycling games can in fact be used in work on subjects like Danish and mathematics, too, thus bringing more physical activity into the school day. Combine the Post the Letters game with arithmetic, for example, or Name Relay with spelling.

“ IT'S GENERATED A FANTASTIC TEAM SPIRIT IN THE GROUP.”

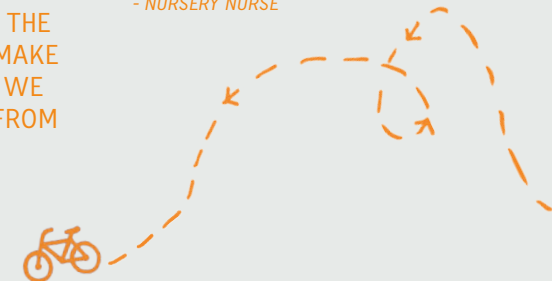
- NURSERY NURSE

“ IT'S A REALLY GOOD OPPORTUNITY TO WORK ON A DIFFERENT ASPECT OF CHILDREN'S MOTOR SKILLS.”

- NURSERY NURSE

“ CYCLING GAMES PROVIDE MOVEMENT AND VARIETY IN THE SCHOOL DAY, AND HELP TO MAKE ALL PUPILS CYCLE-SAFE, SO WE CAN GO ON CYCLING TRIPS FROM AS EARLY AS YEAR 2.”

- SCHOOLTEACHER



CYCLING GAMES: GETTING STARTED

WHERE CAN YOU PLAY?

Cycling games must always take place in a traffic-free and preferably tarmacked area such as a playground, schoolyard, closed-off car park or a public square in town.

CHILD, BIKE AND HELMET MUST ALL MATCH

It is important for the bike to fit the child, who must be able to reach the ground with his or her feet flat. The games challenge our cycling abilities, and we sometimes lose our balance. So, remember to have cycling helmets on and properly fastened when playing.

CUTS AND BRUISES

Cycling games can certainly lead to cuts and bruises, but no more so than other physical games. So have sympathy and plasters at the ready in case anyone comes a cropper, and remember: better 100 falls in the playground than one in traffic.

EQUIPMENT

Cycling games don't need a lot of fancy equipment. With just a few pieces of kit, you'll be ready for most of the games in the book:

- Activity rings can be used to mark the playing area or as relay batons, and you can ride over them without falling off.
- Lots of soft, coloured playballs for use in catching games etc, and which are also an easy way of introducing a bit of maths to the game.
- Soap bubble water and a hand-held bubble machine, so you can blow lots of bubbles at once.
- Chalk for marking the track.

If you haven't got these exact items, you are bound to have something that will work just as well. Use your imagination, and experiment.

3

HELPFUL TIPS FOR GAME LEADERS

1) Take responsibility for the game:

If the game isn't working, make the playing area bigger or smaller, use different equipment, adjust the rules or repeat the game until everyone understands it. For all 20 games, we have suggested ways of adjusting play. And remember: if the organizer shows enjoyment, energy and enthusiasm, the children are sure to follow suit!

2) Everyone can join in:

Some children need to see how a game goes for a while before they will take part actively. Be curious, offer support, suggest alternative ways of taking part (e.g. helping the adult to throw the balls) and maybe give a friendly nudge at the right moment. Usually, the child will then quietly join the game.

3) Reflection and dialogue:

talk to the children about how they have got on with the games, e.g. what was easy, what was hard, how you set off and brake, how you avoid bumping into each other etc. This will make the children aware of the knowledge and skills they have gained in the cycling games. But keep it short, so the dialogue doesn't break the flow. The game should be the main thing!

HOW TO USE THIS BOOK

On the following pages, you will find descriptions of 20 cycling games. All of them can be played with one adult, but in some games there are several roles that can be filled either by more adults or by some of the children.

The list of games shows the recommended number of children, age group etc, while games particularly suitable for teaching subjects such as Danish or mathematics in school are marked.



Number of participants



Minimum age



Suitable for teaching

The games are divided into four categories: motor skills, catching games, cognition and teamwork. The easiest games in each category come first.

The game descriptions are meant as inspiration. It is up to you, the game leader, to find what works best for you and your target group with the physical setting and equipment you have available. So, by all means invent your own variations or completely new games!

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Motor skills

Catching games

Cognition

Teamwork

SOAP BUBBLE CATCHING



HOW TO PLAY

The game leader makes soap bubbles float around over the whole playing area. The idea of the game is to catch as many soap bubbles as possible – first with your hands, then with your feet, cycling helmet, the wheels of the bike etc. If there is no wind, you can also ride over soap bubbles resting on the ground.

Tip: It's usually a good idea for the leader to move around the playing area so the soap bubbles are spread out, making the cyclists stay constantly alert and face in the direction the bubbles are coming from.

IDEAS FOR DEVELOPING THE GAME

Simplification: The cyclists don't have to catch the soap bubbles, just ride around among them.

Development: The cyclists must count how many bubbles they can catch. Children over six years old can form buddy pairs and count how many they can catch between them.

Variation: Use tools, such as fly swatters or rolled-up newspapers to hit the soap bubbles.

RIDERS PRACTISE

- Looking up while riding
- Riding one-handed
- Learning the names of parts of the body and the bike



OBSTACLE COURSE

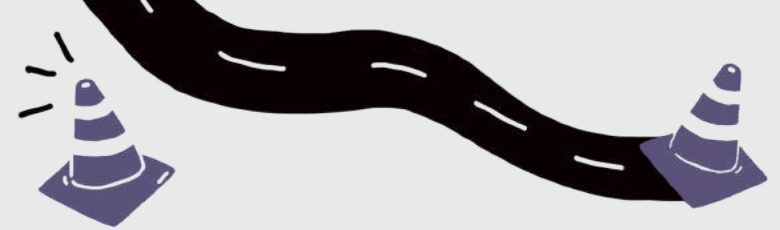


EQUIPMENT

Cones, activity rings, buckets, chalk etc. Optionally, a long piece of material to make a bike tunnel with, a water atomizer for making rain, or drums, ladles, sticks etc. for making 'bike music'.

PREPARATION

Preferably, use a space with small hills and a variety of surfaces, e.g. grass, sand, small puddles, mud etc. Make an all-round obstacle course including turns, a slalom, narrow sections, wide sections, places where you have to ride slowly and places where you just need to go fast. There can also be living obstacles in the form of adults or children using atomizers to make rain, throwing balls or making bike tunnels with carpets, parachutes etc. The only limit is your imagination.



HOW TO PLAY

Let the children ride through the many obstacles at their own pace. The course must be one-way to prevent too much chaos, but riders may by all means overtake and miss obstacles out, as long as it isn't a nuisance to the other children.

RIDERS PRACTICE

- Manoeuvring on the bike
- Attention and reactions
- Improving through immersion and repetition

Tip: Ride or run around the course yourself, so the children all see and understand how they have to do it.

IDEAS FOR DEVELOPING THE GAME

Simplification: Leave out the obstacles and just mark out a course for the cyclists to ride around.

Development: The children have to carry rings or other objects round with them, and deliver them to a particular place (see also Tilting-at-the-Ring).

Variation: Everyone gets a stick, ladle or similar and plays 'cycling music' on pipes, wastebaskets, boards etc while riding.

CYCLE SAFARI



EQUIPMENT

Chalk or small activity rings.

PREPARATION

Draw small chalk circles here and there in the playing area, or use activity rings. There must be half as many circles as players.

HOW TO PLAY

Half the children stand, one in each circle, without their bikes. They hold out their hands in front of them and pretend to be apes, tigers and other jungle animals, turned to stone. The other children ride around between them and try to clap hands with the 'jungle animals'. If they hit the target, the animal comes to life and acts and sounds like the animal the child is pretending to be. However, the animal stays in the ring and turns back to stone after a few seconds – but only until the next time it is clapped. After a while, animals and cyclists swap roles. Other universes can be substituted for the jungle: a fairyland with trolls and witches, for example, a land of monsters or Christmas land with elves and angels.

RIDERS PRACTICE

- Riding slowly and manoeuvring between obstacles
- Riding one-handed
- The imagination and courage to bring the animals to life

Tip: If the game leader is also an animal and dares to act really funny and silly, it will spread to the children so they too will dare to loosen up

IDEAS FOR DEVELOPING THE GAME

Simplification: The actors are just themselves, and the children greet them with 'high fives' or by waving to them.

Development: The cyclists ride around in small groups snake-fashion, with the leader setting the course and the others following.

Variation: One of the actors is a monster, but the children don't know who it is. The others are just peaceful trees that turn when you clap hands with them. When the monster is hit, it wakes up with a roar and runs out to catch the children. If you are caught, you have to be an actor next time.



BICYCLE MUSICAL STATUES



EQUIPMENT

A drum and some small coloured activity rings.

PREPARATION

Distribute the rings around the playing area, spaced well apart. The riders get set, each with their front wheel in their ring..

Tip: Start by repeating the same simple commands a couple of times to assess the children's level and see what challenges they need.



RIDERS PRACTICE

- Starting and stopping
- Spatial and directional awareness
- Understanding and obeying group instructions

HOW TO PLAY

When the adult plays the drum, the children must ride round between the rings. When the drum stops, they must ride back to their ring and park their front wheel in it. Once everyone understands the game, you can give new commands: next time the drum stops, the children must park their rear wheel in the ring, for example, or ride with a ring on their head or their foot, or stand in a ring and lift the bike up, and so on. You can also set tasks to be solved while the drum is playing, such as setting off on the bike and touching all the blue rings with your left foot, riding round as many rings as possible, riding round and giving each other 'high fives', or collecting rings and hanging them on the handlebars

IDEAS FOR DEVELOPING THE GAME

Simplification: Play without the rings, so you just have to stop when the drum stops.

Development: Make the playing area smaller, so it's harder to ride round among each other

Variation: Stop-start orienteering, in which everyone rides towards a lamppost, for example. Or bike acrobatics, where you might put your left foot on the saddle or stand on the luggage carrier.

TILTING-AT-THE-RING



EQUIPMENT

Activity rings – at least one per pair of riders.

PREPARATION

Mark out a big circle. It must be big enough for half the children to stand around the edge at approximately three-metre intervals.

HOW TO PLAY

Divide the children into pairs. One of each pair stands on the edge of the circle with a ring in one hand. The other children ride round inside the circle. When a child rides past his or her partner, he or she has to try to grab the ring. If they succeed, they ride one lap with the ring and hand it back to their partner. If they don't manage it, they simply try again next time they go past their partner. After a while, they change direction and the riders and ring-holders swap roles.

RIDERS PRACTISE

- Precision
- Riding one-handed
- Keeping their bearings on the move and reducing their speed

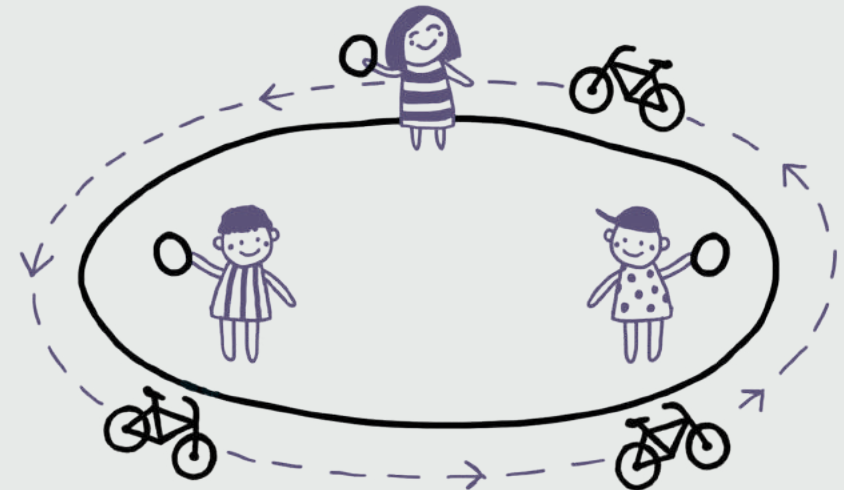
Tip: If the riders bump into each other, make the circle bigger so the partners can stand further apart.

IDEAS FOR DEVELOPING THE GAME

Simplification: Everybody rides, apart from two adults (or one adult and one child), who stand on either side of the circle. One hands out the rings to the riders, while the other collects the rings.

Development: If the standing partners constantly change places, it makes it harder for the riders.

Variation: The standing partners set the riders new tasks each time they pass by, such as 'Ride one-handed', 'Ride slalom', 'Ride slowly', 'Put the ring on your helmet', 'Put the ring on the handlebars' etc.



CIRCUS HORSES AND TRAINER



4 yrs

EQUIPMENT

Chalk and a whip (a stick with string on the end). Optionally, drums for the 'circus orchestra'.

HOW TO PLAY

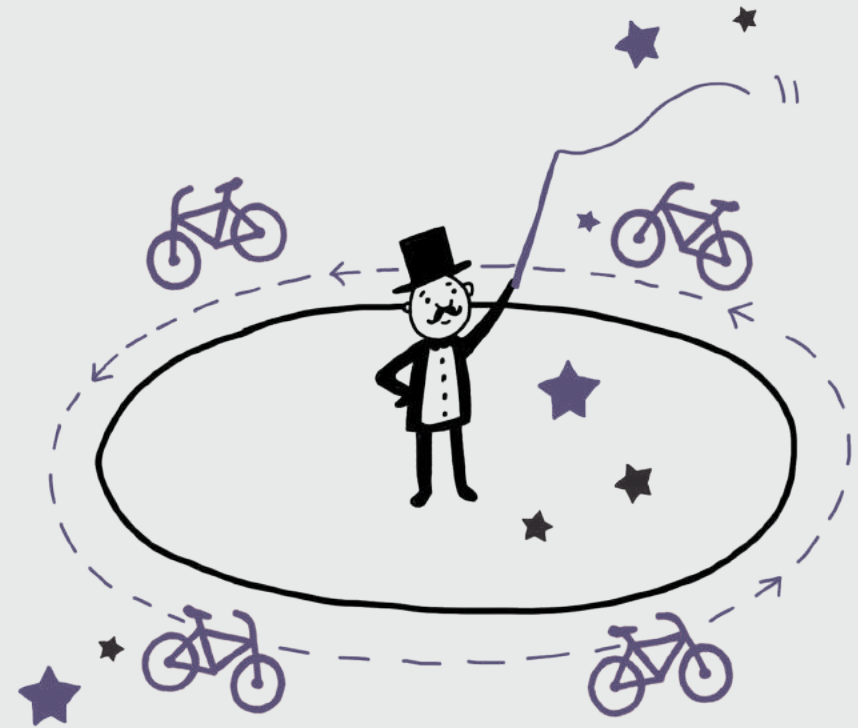
The adult is a horse trainer, and stands in the middle of the circus ring with his whip. The children are circus horses, and they have to obey the trainer's commands.

- 'Circle' = ride round the ring
- '1-2-3-stop' = stop the bike and put your feet on the ground
- 'Zigzag' = ride in a zigzag between the inner and outer circles of the ring.
- 'Neigh' = neigh in chorus as loud as you can.

Make up more commands of your own, or set particular tasks – e.g. all the girls have to ride 'scooter-fashion', everyone under six years old has to hit their own head with their right hand, and so on. The game ends with the command 'centre', meaning that the children turn towards the centre, stop and make their bikes rear up.

RIDERS PRACTISE

- Switching between different formations and movements
- Understanding and obeying group instructions – and fitting in with the group
- Discovering new skills in themselves and in others



Tip: If there are many children, half can be the audience, cheering and clapping – or they can be a circus orchestra, tootling and drumming.

IDEAS FOR DEVELOPING THE GAME

Simplification: Use only two commands: 'start' and 'stop'

Development: Let the children take turns at playing the trainer.

Variation: Present a circus performance where the children devise their own tricks and show them to each other. Make sure there are drumrolls and loud applause

BRAKE MARKS



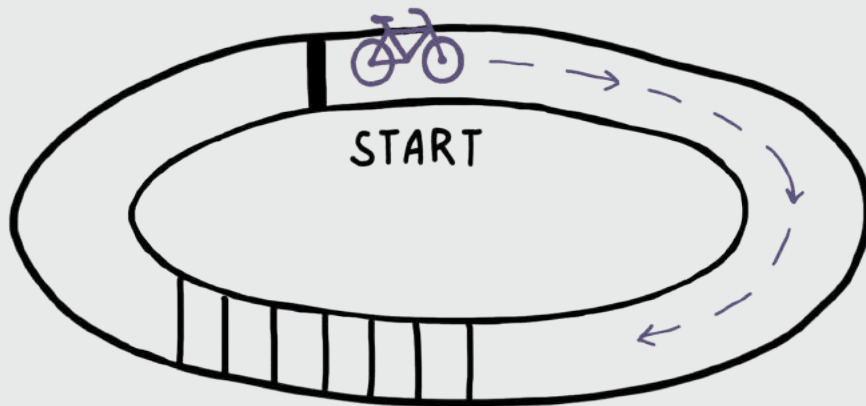
EQUIPMENT

Chalk or a stick for drawing lines on the tarmac/in the ground.

PREPARATION

Preferably use a space that slopes down slightly, perhaps with a gravel surface. Mark a big oval track, and mark a starting line at one end. At the other end, draw clear lines going across the track. The lines must be at least one metre apart, so the children can choose for themselves which line they want to brake on.

Tip: This game works best with a footbrake. Let the riders first try making brake marks one by one, so they know what it feels like before they go on the track



RIDERS PRACTISE

- **Braking with precision and keeping their balance**
- **Daring to ride fast and brake suddenly**
- **Paying attention to fellow cyclists**

HOW TO PLAY

The object is to make so many brake marks over the lines that the lines are erased. The children get set with their bikes, side by side. Set them off a short distance apart, so they don't bump into each other. They need to get up a good speed, and the children decide for themselves which line they want to brake on. When the lines have disappeared – or almost – everyone goes and admires the splendid brake marks.

IDEAS FOR DEVELOPING THE GAME

Simplification: Don't mark a track. Let the children simply set off and brake when they are ready.

Development: : Hold a brake-mark competition where the aim is to make the longest marks.

Variation: Water brake marks. Make brake marks when it's been raining, or pour water on the track yourself.

TAIL-CATCHER



EQUIPMENT

Tails – e.g. ribbons in different colours. At least twice as many ribbons as there are children. Chalk or cones. Optionally, more adults.

PREPARATION

Mark off the playing area. Nominate two or more ‘catchers’, who put their bikes to one side. The other children stay on their bikes and each receives a tail, which is tucked into the back of their collar or trousers. The adult is the tail-keeper; he or she carries a bag of spare tails.



HOW TO PLAY

The riders must avoid having their tails snatched by the tail-catchers. If they lose their tails, they ride to the tail-keeper and are given a new one. The tail-catchers return the tails to the tail-keeper as they catch them, so there are always enough tails to hand out. Play continues until the tail-catchers can't run any more. New tail-catchers are nominated and the game can start again at the beginning.

Tip: Give space to children who don't want their tails to be taken. After a few goes, they too will be ready to join in fully.

RIDERS PRACTISE

- Keeping on riding for long periods
- Keeping their bearings and steering the bike while also paying attention to what's behind them
- Coping with having their tails taken

IDEAS FOR DEVELOPING THE GAME

Simplification: Only the adult steals tails

Development: The children have to steal each other's tails while riding (only for the very cycle-safe ones!).

Variation: The tail-catchers are issued with ribbons, each in a different colour that shows what colour tails they are hunting for. When your tail gets stolen, you choose a tail of a different colour to the one you had before. However, it's OK for small children to choose the same colour again.

THE CANNON KING AND THE SHIPS



EQUIPMENT

Chalk and around 100 small, light balls.

PREPARATION

Draw a circle about one metre in diameter in the middle of the playing area. This is the Cannon King's ship. You can draw ships and waves to mark the sea.

HOW TO PLAY

The Cannon King – the adult – stands inside the circle and throws 'cannonballs' at the children, who are little ships. The children ride one-way around the Cannon King and decide for themselves how close they want to get. When a 'ship' is hit, the child gets off his or her bike and 'swims' round it three times before riding on. The Cannon King makes sure that everyone gets hit several times. When there is no ammunition left, the children set off on their bikes and collect all the balls, and the game can start again at the beginning. You can encourage the children to stay on their bikes while collecting the balls, and they can use their luggage carrier, basket etc if they like. Next time round, the children ride in the opposite direction

RIDERS PRACTISE

- Having the courage to ride in a chaotic space
- Steering while keeping an eye on their surroundings
- Thinking tactically and changing speed and direction to avoid the cannonballs

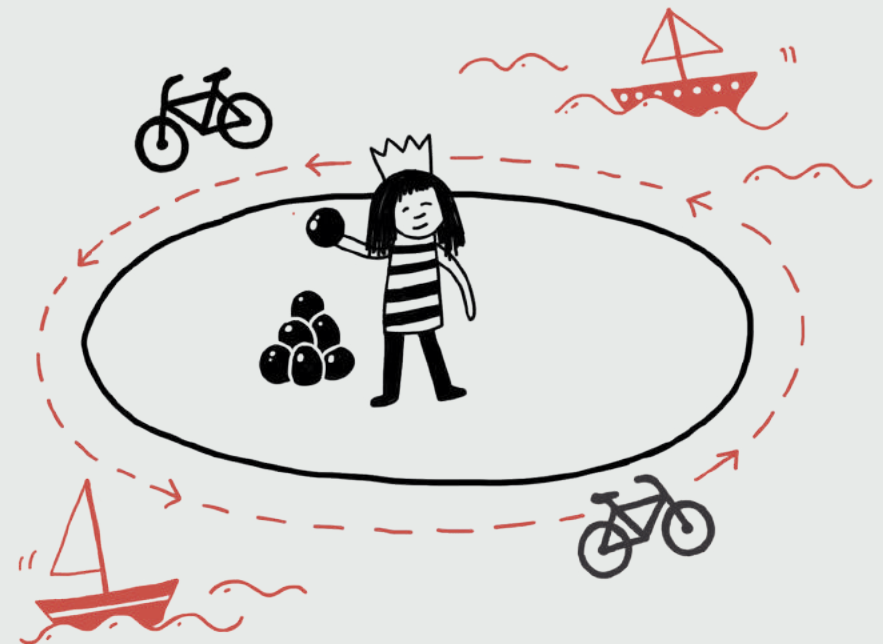
IDEAS FOR DEVELOPING THE GAME

Simplification: There is no penalty when you get hit – you just ride on.

Development: The Cannon King can have helpers in the outer circle, so players get shot at from both sides

Variation: Devise new penalties, such as having to jump over the bike while shouting 'I love cycling!'

Tip: Respect any riders who don't want to be hit. Let them ride round the outside; as a rule, they will then venture closer off their own bat.



THE TICKLER



EQUIPMENT

Chalk and a rolled-up newspaper.

FORBEREDELSE

Draw two parallel lines about 30 metres apart. All the children must be able to stand side by side, with their bikes, behind both lines.

Tip: It's important that the children understand they must stop when they have got over the refuge line.



HOW TO PLAY

The adult is the 'Tickler'. He or she stands in the middle of the playing area with their back to the children. The Tickler shouts: 'Cyclists in front of the Tickler, GO!'. The children now have to ride and get over the far chalk line without being caught by the adult. You cannot start catching your prey until you can see the children out of the corner of your eye. You 'catch' a child by hitting their luggage carrier with the newspaper. Children who are caught get a tickle once everyone has reached the refuge. They can decide for themselves where on the body they want to be tickled – and, if they don't want to be tickled at all, that must of course be respected as well. After the tickling, another turn can begin.

RIDERS PRACTISE

- Spatial and directional awareness
- Controlling the bike at high speed and at times of high excitement
- Accepting being caught.

IDEAS FOR DEVELOPING THE GAME

Simplification: The Tickler merely runs around looking a bit dangerous and exciting, without catching anybody.

Development: Add another Tickler and divide the riders into two groups, each starting from its own line. The Ticklers stand back to back in the middle, ready to catch riders coming from behind them.

Variation: When someone is caught, they themselves become a Tickler. The game continues until everyone has been caught.

TRAFFIC-LIGHT APPLE SCRUMPING



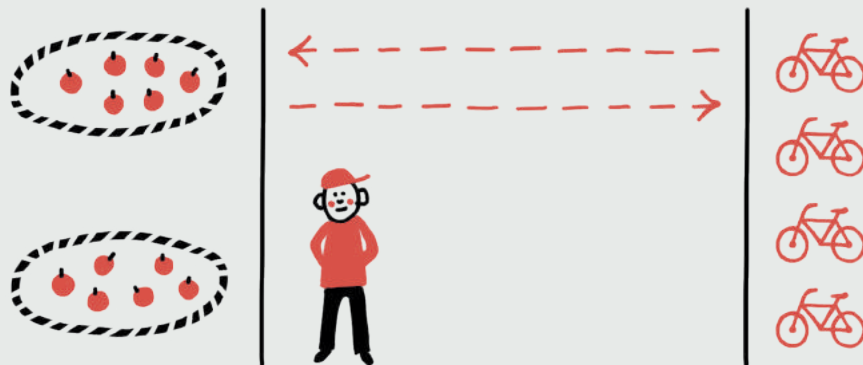
EQUIPMENT

Chalk, lots of little balls, 3-4 hula hoops and a big bucket. Optionally, red and green stop/go signs, a police helmet and a yellow jacket.

PREPARATION

Make a wide road by drawing two parallel lines 15-20 metres apart. There must be enough room for all the children to stand side by side behind each line. Behind one line is the 'orchard'; the hula hoops, with the balls inside them, go here. Behind the other line is the starting area; the bucket is placed here. The children get set, standing side by side behind the starting line. The adult is a traffic cop and stands ready on the 'road', in front of the orchard.

Tip: If the traffic cop wears a uniform and uses stop/go signs, the game will be even more lifelike and exciting



HOW TO PLAY

The object of the game is to collect as many 'apples' as you can. To get to the orchard, though, you have to cross a busy road. When the traffic cop shouts, 'Green light, go!', everyone can set off. When the leader shouts '1-2-3 red light, stop!', everybody must stop. Anyone who doesn't stop quickly enough has to get off their bike and walk once round it while shouting, 'Red light, stop!'. When the children reach the orchard, they must take as many apples as they can and then ride back and put the apples in the bucket. On the way back, the same rules apply. Play continues until the orchard is empty of apples and the bucket is full. Another go can then begin.

RIDERS PRACTISE

- Braking
- Understanding and respecting traffic
- Being alert and reacting quickly

IDEAS FOR DEVELOPING THE GAME

Simplification: Play the game without traffic control, so the children simply have to ride back and forth collecting the balls.

Development: Nominate some of the children to stand along the road and be cars, throwing balls at the riders. Two other children are ambulances. If you get hit, you have to get off your bike, lie/sit down and wait for the ambulance to come and revive you with invisible pep-up medicine.

Variation: Divide the children into teams, each with its own apple bucket. The aim is to collect the most apples.

BETTER WATCH OUT



EQUIPMENT

A bucket or bag containing 10-20 small, light balls.

PREPARATION

Draw two parallel lines 25-30 metres apart. All the children must be able to stand side by side with their bikes behind both lines. Halfway along one long side, mark off an area for the ball-throwers and the 'hospital'. Put the bucket of balls here.

RIDERS PRACTISE

- Judging distance and speed
- Positioning themselves tactically and avoiding obstacles at high speed
- Daring to ride through a hail of balls

IDEAS FOR DEVELOPING THE GAME

Simplification: Roll the balls instead of throwing them. Do away with the rule about something having to happen if you are hit.

Development: When you get hit, you must be a ball-thrower yourself in the next go.

Variation: Make up more rhymes and stories of your own to suit the game.

HOW TO PLAY

The adult is the ball-thrower, and stands at the ready next to the balls, which will represent cars in the game. The children get set behind one of the lines. The game begins with a 'bike rap' that everybody shouts loudly in unison, with lots of energy and ideally some gestures:

- **All:** People riding half asleep in the traffic in town, better watch out or you might get knocked down!
- **Ball-thrower:** You must ride... standing up!

The last line varies each time, with the ball-thrower deciding how the children are to ride. For example: riding slowly, pushing the bike, riding one-handed, lifting the bike etc. When you have shouted out the last line, the children must cross the track while you try to hit them with the 'cars'. The children who do not get hit ride on across the other line and get ready for the next round. Those who get hit stay perfectly still and wait for the ambulance. The ball-thrower now turns into an ambulance, runs up to the children who have been run over and sprinkles them with fairy dust, so they get better and can join in the game again. The ambulance roars 'ner-ner, ner-ner' loud enough for everyone to hear. When the run-over children have been given the fairy dust, they get set with the other riders, and a new go can begin.

Tip: Start by throwing at the riders who seem most confident and secure.



MICE AND LIONS



EQUIPMENT

Chalk – and ideally two adults.

PREPARATION

Mark out a 'pantry' in the middle of the playing area, with enough room for all the riders to be in it at the same time. Mark 'mouseholes' at various other spots in the playing area. These should be able to hold two riders at the same time.

HOW TO PLAY

The adults are 'lions'; they have to catch the children, who ride around and are 'mice'. If a mouse gets caught, it is imprisoned in the pantry. The mouse is set free when one of the other mice rides past and touches it. If there are more than one mouse in the pantry, they are all freed when just one of them is touched. The mice can take refuge in the mouseholes. The game begins with all the mice in the pantry. When the lions start counting down from ten, the mice must start riding. The lions cannot chase the mice until they have counted down to zero. The game continues until the lions give up. Two or more children can then become lions, and a new go can start.

RIDERS PRACTISE

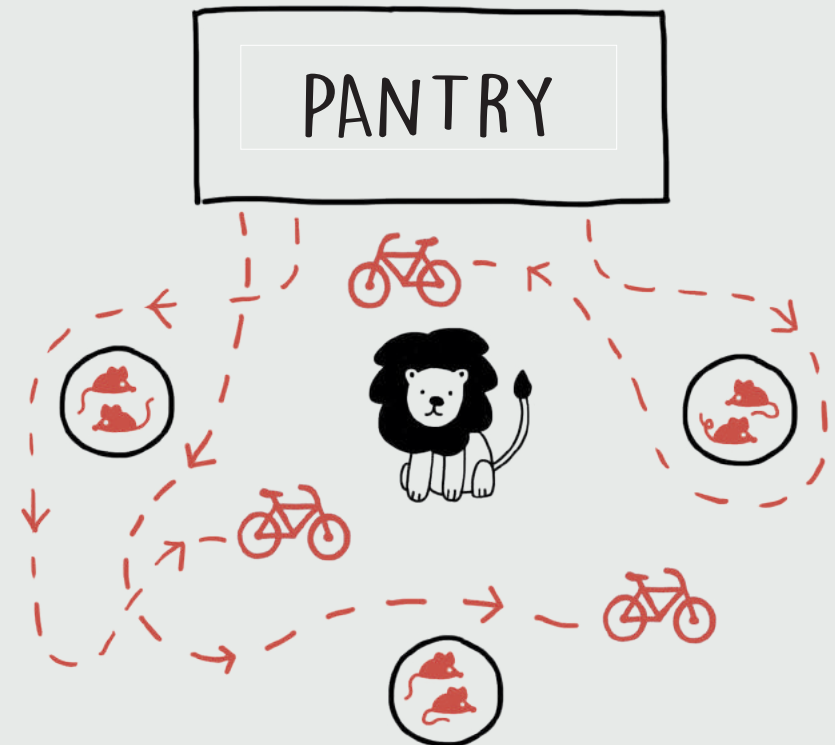
- Riding and finding their bearings at the same time
- Starting and stopping
- Team spirit and solidarity

IDEAS FOR DEVELOPING THE GAME

Simplification: With small children, only the adults are lions.

Development: Only one mouse can be set free at a time.

Variation: Play 'bicycle freeze-tag', where, after being caught, you have to stand still and wait for one of the other mice to come and set you free with a high five.



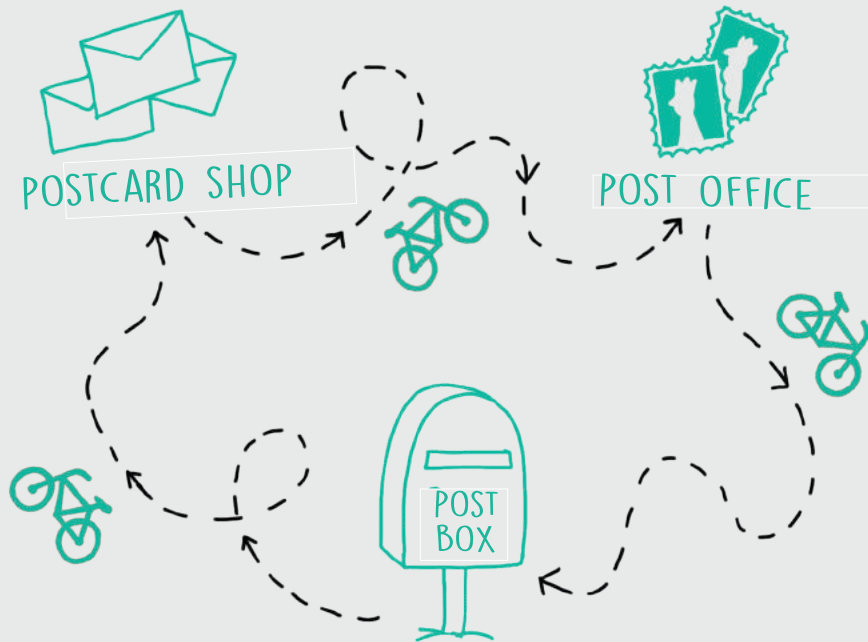
POST THE LETTERS



EQUIPMENT

Lots of small pieces of coloured card (the letters), a felt-tip pen (for franking) and a cardboard box (the post box).

Tip: If there are a lot of children, it's a good idea to hand out the cards at the start to avoid too much queuing.



HOW TO PLAY

Choose three players to be the 'postcard shop', the 'post office' and the 'post box'. The other children now have to ride round and send as many letters as they can. First, they ride to the postcard shop and 'buy' a card. Then, they cycle to the post office to get a stamp put on (e.g. by drawing a cross). Finally, they ride to the post box and post the card. Both the post office and the post box move around from time to time and find new places to lurk. The game ends when all the postcards have been sold. You can finish off by counting the cards to show the children how many letters they have sent altogether. It is also fun to 'read out' some of the letters. Use your imagination and make up something funny. If it's somebody's birthday, for example, you might read out a birthday card.

RIDERS PRACTISE

- Solving composite tasks
- Self-confidence
- Orientation ability

IDEAS FOR DEVELOPING THE GAME

Simplification: Make the playing area smaller and have the post office and post box stay where they are.

Development: Introduce more roles, such as more post offices, each with its own felt-tip colour, perhaps. Arrange a team competition to see who can send the most letters.

Variation: Set the children tasks to be completed before their letters are stamped. These might be riding tasks such as making a brake mark with the bike wheel, or school tasks such as sums or spelling.

TRAFFIC BINGO



EQUIPMENT

Four picture lotto boards, with tiles. Optional activity rings or cones to hold the tiles down if it's windy. Chalk.

PREPARATION

Draw a long line and place the four boards behind it, 2-3 metres apart. Distribute the tiles on the ground, picture side down, 15-20 metres from the boards.

HOW TO PLAY

The children are divided into four teams, and each team takes up position by its picture lotto board. Before the game starts, they get a chance to study the pictures on their board. The game leader now counts to three, and on the word 'GO!' all the children must set off on their bikes and find their picture tiles. You may only carry one tile at a time. When a team has a full board, they shout 'Bingo!'. The game does not end until everyone has a full board. The team that completed its board first wins.

IDEAS FOR DEVELOPING THE GAME

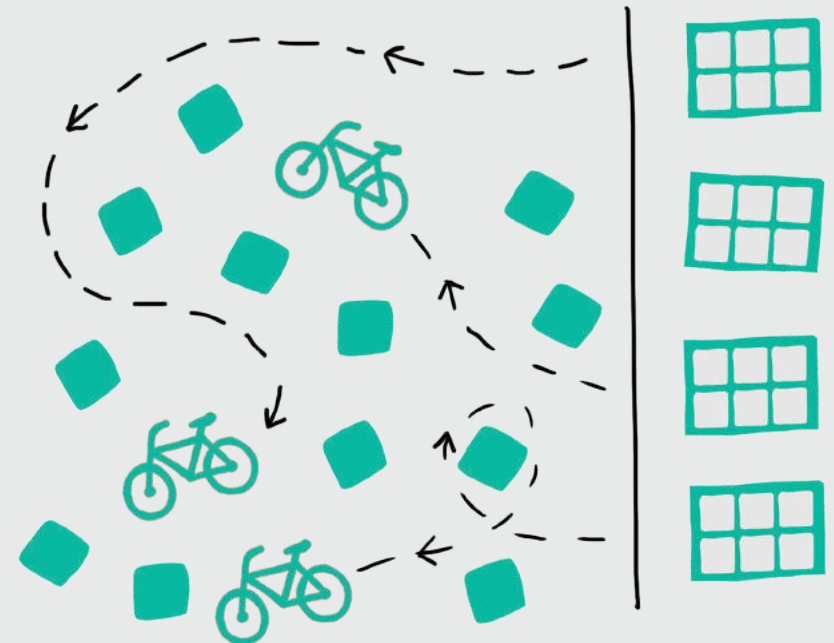
Simplification: Place the lotto tiles picture side up. Don't divide into teams. Everyone collects tiles for all the boards.

Development: Organize the game as a relay, with the children taking turns to set off in pairs, while their teammates cheer them on and guide them – maybe put older children together with younger ones.

Tip: If you are playing the game several times, it's a good idea to give the teams a few minutes to agree tactics. This boosts their attention, understanding and motivation.

RIDERS PRACTISE

- Improving their memory
- Cooperating
- Loosing and winning

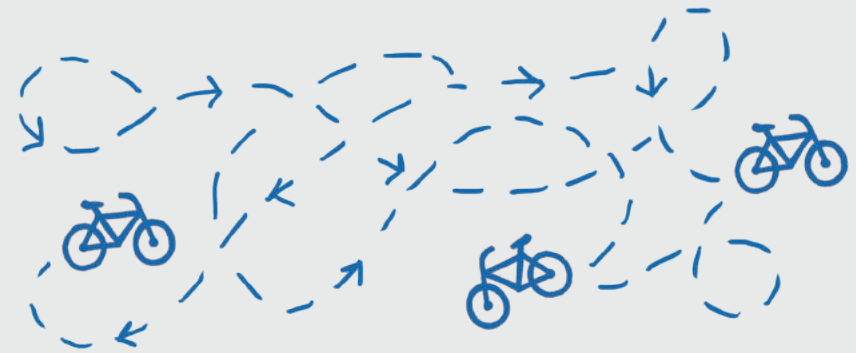


CYCLE SWARM



HOW TO PLAY

The children are divided into pairs, one on foot, the other riding. The riders' task is to stay just behind their walking partner, who swarms around with the other pedestrians, weaving in and amongst. In the beginning, the pedestrians walk well apart from each other, but the game gets both harder and more fun as the pedestrians start to swarm more densely. The pedestrians can move in many different ways: slowly, quickly, making wide or tight turns etc. The pedestrian can also stop altogether and do star jumps while the cyclist rides in circles round them. After a while, they change places.



Tip: It's important to consider which children you pair up.

RIDERS PRACTISE

- Riding slowly
- Keeping an appropriate distance
- Paying attention to their partner and following their movements

IDEAS FOR DEVELOPING THE GAME

Simplification: Play an adult-child version with the adults walking and the children riding.

Development: The pedestrian makes a gesture – e.g. a high five – with one hand to another pedestrian, and the cyclists do the same, as they go past each other.

Variation: A stopping game. Every so often, the pedestrian says, '1-2-3-stop!', turns round and gives a 'stop' signal with his or her hand. The cyclist must stop before colliding with the pedestrian.



THE HEIR TO THE THRONE



HOW TO PLAY

One child is 'king' and rides in front. The other children ride behind in a long line. The king decides where the others are to ride, and how. For example, the king may wave, drum on the handlebars, stand up and sit down in the saddle, swing his legs, scoot the bike etc. The group must follow suit. When the adult shouts 'CHANGE!', the king is to be replaced and must ride round to the back of the line. The game carries on like this until everybody has been king.

RIDERS PRACTISE

- Being understood by those riding behind
- Giving signals
- Having the courage to lead and being willing to conform



IDEAS FOR DEVELOPING THE GAME

Simplification: Play an adult-child version with the adult as the king.

Development: LForm pairs or groups with a king in each. Make the playing area smaller, so the kings weave around each other as in *Cycle Swarm*.

Variation: Use proper stop and turn signals as you would in traffic.

Tip: Before starting the actual game, lead a group yourself and provide inspiration for things the king might think of.



NAME RELAY



HOW TO PLAY

All the children get on their bikes and ride in and among each other. One child is given the baton, then he or she calls out the name of somebody in the group. The child whose name is called must now ride up and take the baton. The others make way. The new baton-holder calls a different name, and the game carries on like this until everyone has had the baton.

Tip: Ensure that the riders don't always choose the same people – for example, make it a rule that they have to alternate between picking boys and girls, or children older than themselves, and so on.

RIDERS PRACTISE

- Solving cognitive tasks while riding
- Riding one-handed
- Strengthening team spirit



IDEAS FOR DEVELOPING THE GAME

Simplification: The adult holds the baton. When someone's name is called, they ride over and take the baton, ride one lap and give the baton back.

Development: Play several rounds in which the cyclists have to remember the order of the names.

Variation: Greeting game – the children ride in and among each other and greet each other with their feet, by waving, by giving high fives etc.

BICYCLE BLUFF



EQUIPMENT

Chalk, cones or activity rings for marking out the track.

PREPARATION

Make a square track just the right size for $\frac{3}{4}$ of the cyclists to ride slowly round between one another. On one side of the track, mark a box big enough for 2-3 cyclists to wait in.

HOW TO PLAY

Two children wait in the box with their bikes while the others ride around the track. The idea of the game is to buzz other riders so that they either put a foot on the ground or go off the track. When this happens, you must ride to the waiting area and go to the back of the queue, while whoever is first in the queue can now ride onto the track. Children must not ride into each other; they can only harry each other by riding close or cutting in front.

IDEAS FOR DEVELOPING THE GAME

Simplification: Let two children at a time compete against each other on a small track.

Development: The children are only allowed to cycle one-handed.

Variation: Bicycle fencing: everyone rides round in and amongst each other, fighting with foam swords.

RIDERS PRACTISE

- Keeping their balance while riding slowly
- Observing and learning from each other
- Teasing for fun and with respect for each other's boundaries

Tip: Adjust the size of the track to suit the number of players and their level. The smaller the space, the harder the game.



THANK YOU AND GOODBYE



HOW TO PLAY

The children are divided into pairs. One child decides the direction, and the other rides close behind. One or more children are 'free agents'; they ride round by themselves until they decide to 'break into' one of the pairs. They do this by riding up behind a pair and saying, 'Thank you and goodbye!'. The one in front replies, 'Thank you and goodbye!', and rides off a free agent. The new free agent now finds another pair to break into, and the game continues in this way.

Tip: Show how it's done, because the game can be a bit hard to explain in words.

IDEAS FOR DEVELOPING THE GAME

Simplification: There are no free agents. The pairs simply ride around in and among each other and greet each other.

Development: Pairs ride side by side. The child on the right decides the route, and leaves the group when a free agent takes up the leftmost position.

Variation: Overtaking. If the pairs are riding side by side, the free agent can ride up behind the rider on the left and ring his or her bell. The child on the left now makes way by riding on ahead of his partner. til venstre giver nu plads ved at køre op foran sin makker.



RIDERS PRACTISE

- Communicating with each other while riding
- Positioning themselves in relation to others and finding their place
- Being adaptable, ready to switch roles and change focus



CHILDREN AND CYCLING: FURTHER INSPIRATION

GET YOURSELF STARTED WITH CYCLING GAMES

On the Danish Cyclists' Federation website, www.cyklistforbundet.dk/cyclinggames, you will find inspiration on getting started with cycling games. The site includes instructional videos in which one of our talented cycling games instructors shows with a group of children how to play, develop and vary the games. This book can also be downloaded electronically from the website.

Have fun!

