

Cycling

Commonwealth Cycling has four categories - Mountain Bike, Road Race, Time Trial and Track and Para Track. We are just going to have fun with Cycling as this is a great activity for developing leg muscles and strengthening little bones. The continued exercise will help build their stamina and improve their heart function. It will also increase their coordination and balance. Riding a bike is something all children should be able to experience so why not try out some of these ideas.

Bike Obstacle Course

For this game, use large chalks to create a wavy lane. Make this as wide and long as you can. Outside the chalk line, tape balloons to the ground. The aim of the game is for players to ride as quickly as they can along the lane without going outside of it and popping any of the balloons.

Bike Bowling:

Using large empty water bottles that have been decorated with the Olympic rings, line them up like skittles. The idea is for the rider to aim at the bottles and knock over as many as they can. This will help them to learn how to ride in a straight line and aim their bike in a specific direction. **Skills + great fun = total win!** This can be set up as a relay or competition between groups of children.

Bike Mechanic Pretend Play

Put together some of the tools commonly used by bike mechanics including a puncture repair kit - duct tape makes a good repair patch. Get an air pump. Children will love pretending to fill air, repair punctures and get their bikes repaired.

Use this time to talk about how it's important to take care of the bikes. Introduce a bike wash and arrange for a hose pipe, brushes and soapy water.

You could even add some Olympic tassels to the handlebars.



Have fun with natural obstacles where possible. Set up an obstacle course using trees, hills, narrow twisty paths, or piles of dirt to add some challenge. Children need to feel the resistance of a slope, and different surfaces such as grass, mud, and puddles!