GETTING STARTED WITH CYCLING GAMES

Nursery school children and school children can have great fun cycling. Cycling helps children to be happy and healthy — cycling is an activity that benefits everyone and lasts a lifetime.

FUN AND EFFECTIVE
Games offer the most enjoyable and effective form of cycle training. Making skid marks or catching soap bubbles helps children get used to their bikes. Cycling games help children to develop, as children experience and learn through movement.

Nursery school children are of course too small to cycle by themselves in traffic, but they are not too small to learn how to cycle. If they become proficient at it, they will be much better at learning the rules of cycling and how to deal with traffic lights and other road users when they have to cycle in traffic later on.

EASY TO GET STARTED
6 CYCLING GAMES describes a few cycling games which are easy for parents and teachers to get started. Children as young as two can take part in the simplest games. Some games can be played with just one child, while others are aimed at larger groups.

Traffic: Only play on your bike in a safe traffic-free environment.

Helmets: Remember to use a cycle helmet — and take it off when the game is over.

Bicycles: Bikes should not be too big, otherwise the children will find it difficult to keep their balance.

Scratches: It is better to fall off your bike 100 times in the playground than falling off once in traffic.

Once you discover the freedom of cycling, and the easiness of getting around, that’s it, you are a cyclist for life. In my family we are all devoted to our bicycles. Cycling is good for our health and for the environment. Join us!

Birger Riis-Jørgensen, Ambassador of Denmark, London

6 CYCLING GAMES
Fun and effective cycle training for all children and their parents.

Bicycles: Helps children to be healthy and happy and turn them into safe and confident cyclists.

6 CYCLING GAMES is written by the Cycling Embassy of Denmark with the help of the Danish Embassy in London.

www.cycling-embassy.org

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6 CYCLING GAMES – AND HOW TO PLAY THEM!

TICKLE MONSTER
Number of children: Four or more
Number of adults: At least one
What you need: Chalk – ideally a monster mask
Where to play: A tarmac or gravel playing area
Preparation: Draw two parallel lines approx. 30 metres apart – at opposite ends of the playing area. All the cyclists should be able to line up next to each other behind both lines.

The game: An adult plays the tickle Monster. The adult throws the balls all over the playing area. The children then cycle across to collect the “tickle balls”. The children carry the balls by hand, under their tops, in their pockets or some other way. They have to return to the balls in the monster’s line. The tickle Monster can get the children to do serious things. For example, the tickle Monster can get the girls to collect the yellow balls and the boys can collect the red ones. Or you can make all the children find three balls which each have a different colour, etc.

The game: The adult (who plays the Tickles Monster) is standing in the middle of the playing area with his back towards the cycles. He then has back towards the cyclists. He then calls out: “Avoid the tickling chase is now at both ends of the playing area. The adults can only start to catch his prey once he can see others as well.

The game: The children cycle around the playing area as if they were ships at whichever distance they like, but they must go the same direction. The tickle Monster can get the children to do serious things. For example, the tickle Monster can get the girls to collect the yellow balls and the boys can collect the red ones. Or you can make all the children find three balls which each have a different colour, etc.

The game: The child caught gets tickled by the tickle Monster and can choose where on the body he wants to be tickled. Then the prisoner is released and is back in the game again. After a while, the game with two Tickle Monsters. The children are split into two groups who stand facing one another and behind opposite lines. The Tickle Monsters stand back to back in the middle of the playing area. The game is played as before except that the tickling chase is now at both ends of the playing area.

CANNON BALLS FOR THE GUNNER
Number of children: Four or more
Number of adults: One or more
What you need: Approx. 100 small, light and different-coloured “cannon balls”
Where to play: A playground or a tarmac or gravel playing area

The game: The gunner blows soap bubbles over the entire playing area. The idea is to get the children to catch the bubbles without being caught. The tickle Monster may only catch one of the cyclists – but he can of course pretend that he is going to catch others as well.

The game: The gunner can to catch as many bubbles as possible using their hands, and a child on a bike. The children have to keep behind their adult partner while the adults weave in and out among one another. To begin with, the adults keep a certain distance from each other but the game gets harder and more fun when the adults begin to weave closer to each other and the area gets smaller. The adults can move in different ways: slowly, quickly or in large or small curves. If the adult stops, the child must cycle in a circle around the adult.

GUNNER SHIPS SINKS THE GUNNER
Number of children: Four or more
Number of adults: One or more
What you need: Approx. 100 small, light and different-coloured “cannon balls”
Where to play: A playground or a tarmac or gravel playing area

The game: An adult plays the gunner. The gunner can get the children to do serious things. For example, the gunner can get the girls to collect the yellow balls and the boys can collect the red ones. Or you can make all the children find three balls which each have a different colour, etc.

The game: An adult blows soap bubbles over the entire playing area. The idea is to get the children to catch the bubbles without being caught. The tickle Monster may only catch one of the cyclists – but he can of course pretend that he is going to catch others as well.

The game: After a while, play the game with two tickle Monsters. The children can choose where on the body they want to be tickled. Then the prisoners are released and are back in the game again. After a while, the game with two Tickle Monsters. The children are split into two groups who stand facing one another and behind opposite lines. The Tickle Monsters stand back to back in the middle of the playing area. The game is played as before except that the tickling chase is now at both ends of the playing area.

CATCHING BUBBLES
Number of children: One or more
Number of adults: One or more
What you need: Soap bubbles – and ideally a handheld, battery-operated “soap bubble machine”
Where to play: A playground or a tarmac or gravel playing area

The game: An adult blows soap bubbles over the entire playing area. The idea is to get the children to catch the bubbles without being caught. The tickle Monster may only catch one of the cyclists – but he can of course pretend that he is going to catch others as well.

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BUNCH BIKING
Number of children: One or more
Number of adults: At least one
What you need: Cones, activity rings, buckets, etc. Other useful tools: a long piece of fabric that could be used to make a “bicycle tunnel” and a water atomiser to make rain.
Where to play: A playground or a tarmac or gravel playing area

The game: Let the children cycle at their own pace in the obstacles. The course must be one way in order to minimise chaos, but it is OK to cheat and the children can overtake. Perhaps the children could push their bikes uphill before assuming back down again. Other adults may make a “bicycle tunnel” using a piece of fabric which can be held tight so that the fabric waves up and down, so that the children have to duck in order to cycle through it. An adult could also be standing at the far end of the tunnel using the water atomiser to make rain.

Obstacle course
Number of children: Four or more
Number of adults: At least one
What you need: Cones, activity rings, buckets, etc. Other useful tools: a long piece of fabric that could be used to make a “bicycle tunnel” and a water atomiser to make rain.
Where to play: A playground or a tarmac or gravel playing area

The game: Set up an obstacle course covering the entire playing area. You could even mark up the area with two parallel lines which the children have to try to stay within. You could make the course narrower in some places. The obstacles on the course are placed on the course as obstacles and are at least 2.5 metres apart.

The game: Set up an obstacle course covering the entire playing area. You could even mark up the area with two parallel lines which the children have to try to stay within. You could make the course narrower in some places. The obstacles on the course are placed on the course as obstacles and are at least 2.5 metres apart.

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