

## 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. The games described here are just examples. Make up your own variations or think up entirely new games of your own. Remember children learn best when they are having fun.

**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.



## 6 CYCLING GAMES

Fun and effective cycle training for all children and their parents.

Cycling makes children healthy and happy – and turns 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.

# 6 CYCLING GAMES

FUN CYCLE TRAINING FOR ALL CHILDREN



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

### – AND HOW TO PLAY THEM!

#### TICKLE MONSTER

1

**Number of children:** Four or more

**Number of adults:** At least one, ideally two

**What you need:** Chalk – and 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.



30 meter

**The game:** The adult (who plays the Tickle Monster) is standing in the middle of the playing area with his back towards the cyclists. He then calls out: “avoid the Tickle Monster!”

The cyclists then try to cycle across the course to the chalk line furthest away without being caught. The adult can only start to catch his prey once he can see the children out of the corner of the eye. 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 child caught gets tickled by the Tickle Monster but 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, play 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:** At least one

**What you need:** Approx. 100 small, light and different-coloured balls.

**Where to play:** A playground or a tarmac or gravel playing area.

**The game:** An adult plays the gunner. The adult throws the balls all over the playing area. The children then cycle out to collect the “cannon balls”. The children carry the balls by hand, under their tops, in their pockets or some other way. They have to return the balls to the cannon king.

The gunner can get the children to do various things. For example, the girls can 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 GUNNER SINKS SHIPS

**Number of children:** Four or more

**Number of adults:** At least one

**What you need:** Approx. 100 small, light and coloured balls and some chalk.

**Where to play:** A playground or a tarmac or gravel playing area.

**Preparation:** Draw a circle in the middle of the playing area – the circle should be about 1 metre in diameter. Use the chalk to draw ships and waves in the area around the island. This area represents the sea.

**The game:** The children cycle around the gunner as if they were ships at whichever distance they like, but they must go the same direction. The gunner fires cannon balls at the ships. When a ship is hit the child jumps off the bike and “swims” around it three times. Then the child gets back on the bike and the ship sails again. The gunner must try to hit all the children

several times. When all the balls have been used up the children have to collect the ammunition and return it to the gunner. Change after a while so that the children cycle in the opposite direction.

#### CATCHING BOBBLES

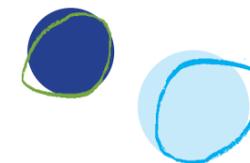
**Number of children:** One or more

**Number of adults:** At least one

**What you need:** Soap bubbles – and ideally a hand-held battery-operated “soap bubble machine”.

**Where to play:** A playground or a tarmac or gravel playing area large enough to accommodate the number of children.

**The game:** An adult blows soap bubbles over the whole playing area. The idea is to get the children to catch as many bubbles as possible using their hands, cycle helmets, bicycle wheels, etc.



#### BUNCH BIKING

**Number of children:** One or more

**Number of adults:** As many adults as there are children

**Where to play:** A playground or tarmac or gravel playing area.

**The game:** Pair up. Each pair has an adult on foot 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.

#### OBSTACLE COURSE

**Number of children:** One or more

**Number of adults:** At least one

**What you need:** Cones, activity rings, buckets, chalk, 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, a tarmac or gravel playing area or a forest path. The course should ideally have some small slopes as well as some varied terrain – such as grass, sand, puddles, mud, etc.

**Preparation:** 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 cones and other objects are placed on the course as obstacles and are at least 2.5 metres apart.

**The game:** Let the children cycle at their own pace in between 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 zooming back down again. You could also make a “bicycle tunnel” using a long piece of fabric which can be held up lengthways by six adults. Make the fabric wave 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.

