

# Additional Activities

Consider adding in the activities below if your students master the skills in a lesson quickly, and are looking for more challenges.

## Snail Race

The snail race is excellent for teaching bike control and balance.

1. Designate a start line, and a finish line approximately 40-50 feet ahead.
2. Have 6-8 students line up on the start line, with one bike length between them.
3. Lay out the ground rules for the students:
  - i. The LAST rider to make it to the finish line wins!
  - ii. If a rider veers into another rider's travel lane, they are out of the race and must stop where they are.
  - iii. If riders put a foot down, they are out of the race and must stop where they are.
4. Demonstrate keeping balance by turning your handlebars back and forth, using your brakes and keeping your pedals flat.
5. Start the race!

## Stop on a Dime

This game gives the students practice with precision braking. It's important for students to have a good feel for the bicycle they are riding. If, for example, brakes are loose, it's important to know that so the brakes can get fixed or the student knows to begin braking earlier than might otherwise be necessary. If brakes are tight, students should be sure not to suddenly brake too hard so they don't go over the handlebars.

1. Identify a start line, and then a finish line 40-50 feet away.
2. Have 6-8 students line up on the start line, with one bike length between them.
3. Direct students to start in the Power Pedal Position and pick up some speed.
4. When they get to the finish line, have them brake hard and come to a stop, but without skidding or going over the handlebars. Remind them to shift their weight back as they brake.
5. The rider who starts braking the latest but without going across the line or skidding wins.

## Passing on your Left

This game teaches proper etiquette for passing slower moving traffic, like pedestrians on a multi-use path. As we pass pedestrians we want to notify them we are going to pass so they don't get alarmed or crash into us unexpectedly.

1. Instructor leads a group ride and moderates the pace. Students ride single file behind the instructor.
2. The last student in the line scans behind to check for traffic, then steers left and speeds up to pass each person in the group arriving at the front of the line.
3. The passing rider states "passing on your left" to notify each rider.
4. Repeat until everyone has had a chance to pass the group.

## Red Light, Green Light

Red Light, Green Light is a fun way for students to learn basic traffic laws and bike control.

5. Establish a start line and a finish line approximately 10' length.
6. Have the students line up across the start line with one bike length between them.
7. Establish the ground rules:
  - i. Students will ride from start to finish, and the first one to the finish line wins.
  - ii. As the instructor calls out a skill, riders must execute it properly or they have to go back to the start line.
  - iii. "Red light" means stop.
  - iv. "Green light" means start in Power Pedal Position and go.
  - v. "Yield" means slow down and look in both directions.
  - vi. "Signal right" means turn right.
  - vii. "Signal left" means turn left.
  - viii. "Right scan" means scan over their right shoulder and call out the number of fingers instructor is holding up.
  - ix. "Left scan" means scan over their right shoulder and call out the number of fingers instructor is holding up.
10. Start the race!

Variation: Set up a large boundary and do all the above, but let the students ride ANYWHERE in the boundary (with no winner). This slows them down. Add cones to avoid within the boundary for added complexity.

## Chaos Box

The chaos box teaches riders what it would be like to ride on streets with no traffic laws in place. This activity is best for more advanced students with proficient bike control.

1. Define a set area with lines for boundaries. A basketball court works well.
2. Explain to the students that within the box there are no traffic rules to follow. Riders can go any direction. The game however has a couple of ground rules:
  - i. Riders must stay inside the boundaries.
  - ii. Riders may not crash into anyone.
3. Have the students ride around the area, not stopping, but still obeying the ground rules above.
4. Once they have mastered this, take it a step further and make the boundaries smaller, such as a half basketball court.
5. After a few minutes of chaos, have everyone stop riding. Ask them what they thought of the experience, and what it would be like if there were no rules on roads. Talk to them about why we have rules for drivers and bicyclists: when everyone follows the rules, fewer crashes happen. (Reminder: use the word ‘crash’ or ‘collision’, not “accident.”)
6. Start the race!
7. After the race, ask them why riding slowly is more difficult than riding fast? Talk about how there are times when we must maintain control of our bikes when riding slowly. For example: riding through a narrow passageway.

## Catch the Ball

This game reinforces the ability to ride with one hand while maintaining control of the bicycle.

1. The instructor stands in the middle of the blacktop area.
2. Students ride clockwise in a large circle around the instructor
3. The instructor tosses a tennis ball to any rider’s right hand as they circle.
4. Riders try to catch the ball with their right hand, and toss it back to the instructor. If a rider drops the ball, they are eliminated.
5. As riders are eliminated, the remaining riders form a smaller circle. The game becomes harder as tosses become shorter and riders have less time to react when catching the ball.
6. The difficulty level can be varied by either throwing the ball to the same spot so riders know when it will be their turn, or by throwing to a random rider.

Variation: Change direction (counterclockwise) so students are catching the ball with their left hand.