

SLOW BIKE RACE



1 HOUR



BIKE, START/FINISH LINE MARKERS, STOPWATCH. VIDEO—<https://www.youtube.com/watch?>



Aim: The winner is the slowest person to pedal from the start line to the finish line. Simple!

Rules: Try and go in a straight line. If you put your foot down on the ground you're out and must try again!

Getting Ready to Race: Check your bike over to make sure it's in tip-top condition by doing the 'ABC Check' **A** - Air in tyres, **B**— Brakes stopping bike well, **C**—Chain is oiled. Ensure that helmets are correctly fitted before slow-racing.

Get your **stopwatch** ready and record your slowest time. You might even decide to have a family competition and get everyone involved!

Setting up your Slow Bike Race Arena!

Pick somewhere that is smooth and flat like a patio or driveway and check that it's clear and free from debris E.g. stones etc. It should also be in a traffic-free area!

Mark out your start and finish line at least 5 metres apart using cones or chalk.



The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools