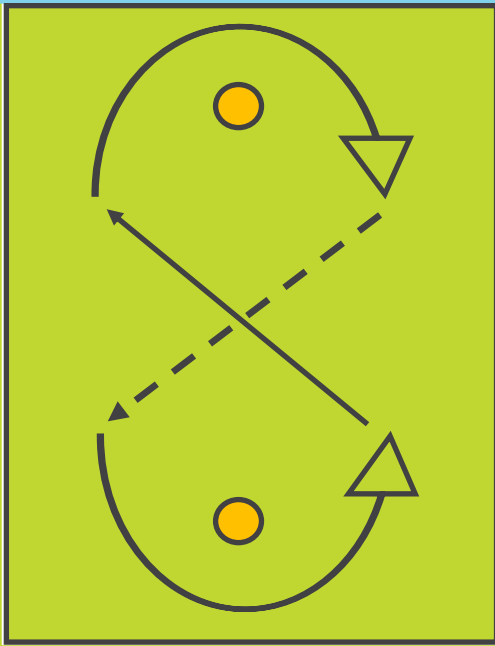




30 MIN

BIKE, 2 CONES, STOPWATCH. VIDEO—<https://www.youtube.com/watch?v=V2V32uH9XD0>

**Aim:** The winner is the person who can complete the most complete 'figure of 8' circuits in 1 minute.

**Rules:** Start and finish at the same point and try not to touch the cones/ markers.

**Getting Ready:** 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 beforehand too!

Get your **stopwatch** ready and record how many circuits you can complete in the allocated time. You might even decide to have a family competition and get everyone involved!

## Setting up your 'Figure of 8'

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!

Place 2 cones or markers about 3 large strides apart from each other. If you want to make it more difficult over time, then shorten the distance between them (or lengthen to make it easier!).



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](http://www.sustrans.org.uk/NIschools)