

Big Pedal 2021

Mini bike skills guide



Practise and perfect your bike skills.

Instructions

1. First of all make sure your helmet is fastened securely.
Tip – if you move your head side to side the helmet should not wobble
2. As a warm-up place your markers at either length or your garden or drive. Cycle from one to the other and practice your braking skills.
3. Now place all your markers in two straight lines with a small gap between them, try cycling through that gap. This is your lava bridge so make sure you don't fall in!
4. An earthquake has happened and caused the bridge to bend into a semi-circle. Move your markers into a bend and try to cycle through that.
5. Now try placing three of your makers in a straight line with a gap between them. Can you zig-zag through each cone?
6. Finally, place all your markers in a circle and cycle around the inside of it. Could you make your circle smaller each time?



What you'll need:

Helmet

Bike

Something to use as markers. This could be socks, cones or a rolled up jumper.

Watch
today's
video

