

Big Pedal 2021

# Wheels, drills and skills



Play this game to practice your bike or scooter skills or simply get your heart racing.

## Instructions

1. Cut your piece of paper into seven different strips
2. On each strip of paper write out either **two exercises** or **one exercise and one skill** you can practice on your bike or scooter.  
  
You can use the examples on the next page, invent your own, or use a combination of both.
3. Fold up the strips of paper and put them in a hat or a bowl.
4. Pick out one at a time. You then have to practice what is on the paper.
5. Now go back to the hat or bowl and pick out another strip of paper to do that exercise and/or skill.
6. Repeat until all the pieces of paper are completed.

Can you complete all the challenges on the paper?

Why not see how many times you can do the exercise in 30 seconds, or even one minute.

## Extension

Why not write out new exercises on a different piece of paper and start from the beginning?



### What you'll need:

Pen and paper

### Top tip

If you do not have a bike or scooter to practice skills on, why not practice your favourite tricks. Could this be a handstand, cartwheel or roly-poly?

### Top tip

Make sure to wear a helmet when practicing skills on your bike or scooter.

Watch  
today's  
video

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Example exercises



You can print and cut out these exercises, or write them out yourself.

**Lava bridge and 20 push ups**

**Slalom track and 20 sit ups**

**Tiny circle challenge and 20 star jumps**

**Brake box and 20 lunges**

**Bottle pick-ups & put-downs and 20 squats**

**Slow race and 20 burpees**

**Free wheel challenge and  
20 seconds pedalling your feet in the air**

**Don't forget to add your own!**

