



UP TO YOU!



YOUR BIKE, CONES OR WATER BOTTLES

BIKE SKILLS

Have some fun while practising and improving your bicycle handling skills.

Bike Skill One: Figure of Eight.

Set out two cones or water bottles about 3 or 4 metres apart in your garden, driveway or safe area near your house. Slowly and steadily cycle around them in the shape of the number eight. As you get more confident you can increase your speed a little bit. This will teach you to corner and turn both left and right. Don't forget to use your brakes!

Bike Skill Two: Slow Cycling.

Anyone can cycle quickly but can you cycle very slowly and carefully? Using the same two cones, practice cycling as slowly as you can from one cone to another. You must go in a straight line and do not put your foot on the ground. Use your brakes and turn your pedals as little as you need to. Why not get your family members or people you live with to give it a go and you could time each other to see who takes the longest!

Click **THIS LINK** for a video showing how to do the above bike skills



Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

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