

Prepare 2 Ride

There is nothing stopping any child from grabbing a bike and having a go, but making sure they are ready can make the whole thing easier and more enjoyable.

These fun games will help get a child ready to ride, but are great activities to play anytime - whether a child is pedalling or not.

Core skills developed through games like these set a child up for an active life, but have been created with cycling in mind.

At the end of this set of games, there's a series of challenges to complete. Then you will be ready to have a go at the next set, Skills 2 Ride - Balance. Let's go!



Prepare 2 Ride

The games and their focus are:

- **Fingers and thumbs** – I can hold, pick up and release.
- **Steady as you go!** – I can walk, balance and look.
- **Swipe and swap** – I can move objects from side to side across my body.
- **Jump** – I can jump in different directions.
- **Step it up** – I can step and jump, up and over.
- **Twist and pass** – I can grip and control.
- **Stamp and slide** – I can stamp and slide.

There are short videos showing each of these games in action on readysetride.co.uk



These materials have been developed jointly by British Cycling and the Youth Sport Trust. The activities can be delivered by any responsible adult who feels confident to use them, but they are not designed for the running of formal coaching sessions unless the person overseeing those sessions holds a relevant qualification.

Creating a safe space in which to carry out any activity is important and if at any time you feel that an activity is not within your capability and safety may be compromised then you should stop the activity immediately. Please contact the British Cycling education team if you have any concerns.

The rider

Do you want to learn to ride a bike?

Have a go at all these games and try to get your family to do it with you!

We will help you to pedal a bike all on your own and then get really good so you can explore on your bike and go on really fun bike rides.

Parents and families

We want you to be the one to help your child learn to ride a bike.

There is no rush to do any of this; your child will learn at their own speed. Don't compare them to others.

Whether you are a mad keen cyclist, haven't ridden for years or haven't had the chance to learn yourself, these games and guides will help to break everything down into easy-to-follow steps.

Playing with more than one rider?

All of the games can be played with a group of children, where it's easy to scale up for a group of friends, whole class, or perhaps a Brownie or Cubs pack.

Remember, you can organise a large group into small groups, playing different games and rotating around. Learning together is often even more fun!

Families can easily make up a group; it isn't always about children of the same age together, and we bet that there are games in here that any adult would find a challenge!

1 Prepare 2 Ride Fingers and thumbs



Squeezing brakes



✓ Now I can...
Hold, pick up
and release

Things you may need

- Paper, pencil, cutlery, crumpled up foil, empty match box, paper bag, rulers, glue sticks.

Safety

- Use objects that won't break if dropped.

Let's go!

- Spread a variety of small objects over a table top or on the ground.
- Place a container away from the objects.
- Holding onto a tube of rolled up paper in each hand, use the fingers to pick up the objects and release them into the container.

Easier

- Play without the paper tube.
- Use smaller/lighter objects.

Harder

- Play against the clock (how many objects in 60 seconds?).
- Compete against another player.



Watch the video!

You can see this activity in action at readysetrider.co.uk/prepare.

Prepare 2 Ride

Fingers and thumbs

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

How can you keep a grip on the objects?



Social Me

Who can help you get better at this game?



Healthy Me

Do you enjoy this game and why?



Physical Me

Which parts of your hand do you use when you play this?



Creative Me

What other objects can you find to pick up?

If playing with a group

Play in small groups around a table or in a space using one container in the centre.

Play against another person/group, with one container each.

Start with all the objects in the middle.

Play as a competition, such as the child collecting the most objects wins.

Create a challenge:

Who can collect the most objects in a set time?

Did you know?

This game will help to develop fine motor skills used in writing, doing up buttons and shoelaces and using cutlery.

Out and about

See how many things you can squeeze and grip every day (such as door handles, toothbrush, carrying a bag, writing). Can you find 10?



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Prepare 2 Ride

Steady as you go!

Steering



Keep looking ahead

Keep hands level

✓ Now I can...
Walk, balance and look

Things you may need

- Tray, ball, box, water bottle, pencil, crunched up foil, empty cereal box.

Safety

- Avoid heavy objects.
- Use objects that won't break if dropped.

Easier

- Walk in a straight line.
- Travel slowly.
- Use fewer and/or non-rolling objects.

Harder

- Travel in different ways (jog, march, tiptoe).
- Travel faster.
- Create an obstacle course/stepping stones to travel over.

Let's go!

- Balance a variety of objects on a tray or similar.
- Carrying the tray in both hands, travel from one point to another aiming not to drop anything.
- Try carrying the tray on the left of the body and on the right.



READY SET RIDE



Watch the video!

You can see this activity in action at readysetrider.co.uk/prepare.



Steady as you go!

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

What can you do to keep the objects on the tray?



Social Me

How could you play this game with others?



Healthy Me

Why is it important to be active every day?



Physical Me

How else could you travel when playing this?



Creative Me

How could you create obstacles or routes to travel over and around?

If playing with a group

Mark out lots of different routes for players to move along. Create a number of slaloms with players following each other a safe distance apart.

Create a challenge:

Which team demonstrates good communication and teamwork?

Did you know?

This game will help to develop a sense of where the body is in a space without looking at it (known as proprioception).



Out and about

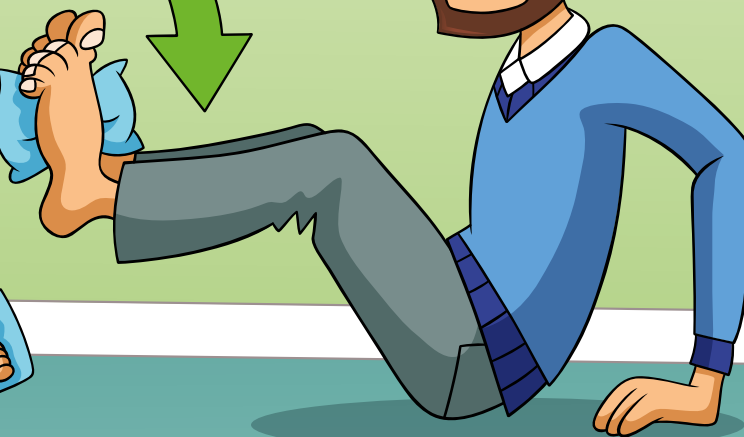
Think about when you walk and control something else at the same time.

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Prepare 2 Ride

Swipe and swap

Body position



✓ Now I can...
Move objects from side to side across my body

Squeeze knees and feet together

Hold tummy in tightly

Things you may need

- Bean bags, scrunched up t-shirt, soft toy, kitchen roll tube.

Easier

- Place objects to front of body. Pick up and release without moving from side to side.
- Use hands instead of feet.

Harder

- Try it with hands off the floor.

Safety

- Avoid heavy objects.
- Use correct posture.

Let's go!

- Sit on the floor, hands facing forwards behind the body.
- Place a pile of objects at one side.
- Use the feet to pick up the objects and move them to the other side.
- Once all the objects have been moved, try moving them back to where they started.

Prepare 2 Ride

Swipe and swap

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

How can you use your body to move the objects even faster?



Social Me

What can you do to let others know you've finished?



Healthy Me

Which part of this game makes you feel good and why?



Physical Me

Is it harder to use your feet or hands? Why?



Creative Me

What music could you use with this game?

Out and about

Think about sitting or standing tall every day to help your core. While sitting can you take your socks off using just your feet?

If playing with a group

Pass the objects from side to side with a partner.

Pass all the objects along a chain of players.

Use more than one group and make this a race.

Create a challenge:

Which pair or team can move all their objects first?

Did you know?

This game will help to develop a strong core, helping with posture and movement.



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Prepare 2 Ride

Jump



Bend knees when landing

✓ Now I can...
Jump in different directions

Swing arms to help jump further

Let's go!

- Create targets on the ground.
- Follow instructions, for example:
 - Direction: "jump forwards", "jump backwards", "jump sideways";
 - Speed: "fast", "slow";
 - Action: "jump with two feet", "hop", "mix it up".

Things you may need

- Chalk marks, coloured sticky tape, jumpers.

Safety

- Use non slip targets.
- Jump next to targets and not on them if necessary.

Easier

- Place targets closer together.
- Use larger targets.
- Use single instructions.

Harder

- Give more than one instruction (i.e. three jumps forwards, fast).
- Spread targets wider apart.



Prepare 2 Ride

Jump

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

How can you land more quietly each time you jump?



Social Me

How can you make sure you don't bump into others when jumping?



Healthy Me

What happens to your heart rate when you play this game?



Physical Me

Which actions in this game could help when pedalling on a bike?



Creative Me

What other instructions can you think of?

If playing with a group

Spread the game over a wider area.

Play as a 'follow the leader' game in pairs or small groups.

Create a challenge:

Who can jump from one point to another in the fewest number of jumps?

Did you know?

This game will help to develop leg power.

Out and about

Try jumping every day, at home, at school or when out walking.



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Prepare 2 Ride

Step it up



Getting on and off a bike



Bend your knees



Keep your shoulders still

Now I can...
✓ Step and jump, up and over

Things you may need

- Use existing line, chalk, tape, paper, chair, books, soft toys.

Safety

- Ensure the jumping obstacles are not fixed in place.
- Ensure the surface you lean on is stable.

Easier

- Use small steps.
- Hold on to something in front of you – have a go while holding on to the back of a chair or sofa.

Harder

- Try with the hands on the floor in front.
- Step over an object.

Let's go!

- Draw or find a line to step or jump over.
- Step sideways from one side of the line to the other and repeat.
- Lift feet up high as if stepping onto a bicycle.
- Try jumping two-footed from one side to the other.

Prepare 2 Ride

Step it up

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

Why is it easier or harder to jump over the line rather than step over?



Social Me

How can you play this game with a partner?



Healthy Me

Did you find stepping or jumping over the line or obstacle harder? Why?



Physical Me

What different things do you need to do to make sure you clear the line or object?



Creative Me

How can you make this game into a competition?

If playing with a group

Use a longer line with more than one player on each.

Play against the clock.

Work in pairs to count each other's jumps.

Compete against another team.

Create a challenge:

Which team puts in the most effort when stepping or jumping?



Did you know?

This game will help to develop coordination.

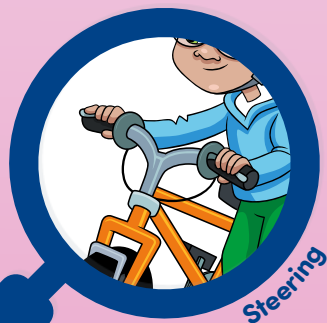
Out and about

When you see a crack in the pavement why not practise stepping/jumping over it? Crossing over a stile is great practice!

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Prepare 2 Ride

Twist and pass



Steering



Keep your
shoulders still

Hold tummy in
tightly

Now I can...
✓ Grip and control

Things you may need

- Ball, soft toy, cereal box, item of clothing.

Safety

- Avoid heavy objects.

Easier

- Play slowly.
- Practise with just one object first.
- Use lighter, squidgier objects.

Harder

- Play against the clock.
- Use larger objects.
- Pass using one hand.

Let's go!

- Sit back to back with a partner, with a pile of objects to one side.
- Pick up an object and pass across the body to the partner.
- The partner then passes it across their body and places it next to the pile.
- Repeat until all the objects have been passed around.
- Play both clockwise and anticlockwise.



Prepare 2 Ride

Twist and pass

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

Which hand do you find easier to pass with and why is that?



Social Me

How can you celebrate success?



Healthy Me

How do you feel when you succeed at this game? Why?



Physical Me

How can you pass the objects more accurately?



Creative Me

What other objects can you try to pass in this game?

Out and about

See how many items you can help with when shopping.

If playing with a group

Play in small groups sitting in a circle or a line.

Play in pairs.

Create a challenge:

Play against the clock. The team/pair that pass the most objects wins.

Did you know?

This game will help to develop control of objects.



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Prepare 2 Ride

Stamp and slide

Keep your
foot flat

✓ Now I can...
Stamp and slide

Pedalling



Things you may need

- Ball, beanbag or fabric if using on smooth floor.

Safety

- Choose safe objects to slide.
- Ensure that weight is on standing foot.
- Take care not to fall forward.

Easier

- Start nearer the goal.
- Make the goal bigger.

Harder

- Play against the clock.
- Start further away from the goal.
- Create a smaller goal.

Let's go!

- Create or draw a goal.
- Place slideable objects on the ground in front of the goal.
- Start with your back to the goal and the objects in front.
- Stamp one foot forwards onto an object with a flat foot.
- Slide it backwards using the foot, aiming to score in the goal.
- Alternate feet with each object.

Power with
your foot



Prepare 2 Ride

Stamp and slide

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!



Thinking Me

What do you need to think about when aiming for the goal?



Social Me

Why is it important to take turns when playing?



Healthy Me

Which parts of your body do you use when you play this game?



Physical Me

What can you do to keep your balance when stamping?



Creative Me

What else can we use as a target?

If playing with a group

Play in one large group or smaller groups in a circle with the target in the centre.

Create a challenge:

Who keeps going even when not successful first time?

Did you know?

This game helps to develop object control with the foot.



Out and about

While on a walk, see how many small pebbles you can drag backwards.

Prepare 2 Ride

Challenges

The following challenges need to be achieved before progressing to the next stage, Skills 2 Ride - Balance.

Have a go and remember that you can use the games in this pack again to help you develop the skills needed.

Now I can...

Hold, pick up and release



I can use my fingers to pick up five different objects without dropping them and move them into a container, while holding a tube of paper using my right and my left hand.

Have a go at the Fingers and thumbs game to help you to achieve this.

Now I can...

Walk, balance and look



I can walk forwards for 10 metres while balancing three objects on a tray (or similar) without dropping anything.

Have a go at the Steady as you go! game to help you to achieve this.

Now I can...

Move objects from side to side across my body



I can move an object using my feet from one side of my body to the other 10 times while seated, with control.

Have a go at the Swipe and swap game to help you to achieve this.

Now I can...

Jump in different directions

- I can jump between two points forwards, sideways and backwards; three times from two feet to two feet and three times from one foot to one foot.

Have a go at the Jump game to help you to achieve this.

Now I can...

Step it up

- I can step over and jump over a small obstacle or line eight times without stopping.

Have a go at the Step it up game to help you to achieve this.

Now I can...

Grip and control

- I can pass and receive 10 objects without dropping them across my body to and from a partner in a seated position from left to right and right to left.

Have a go at the Twist and pass game to help you to achieve this.

Now I can...

Stamp and slide

- I can stamp on and slide an object from in front of my body to behind my body with effort five times.

Have a go at the Stamp and slide game to help you to achieve this.

Once you have completed the challenges, your certificate awaits!
Log on and register on readysetrider.co.uk. You will then be ready to have a go at the next set, Skills 2 Ride - Balance.