



Cycle Session 1

Equipment required - Bike, Helmet, Cones

Exercise 1 - Slalom

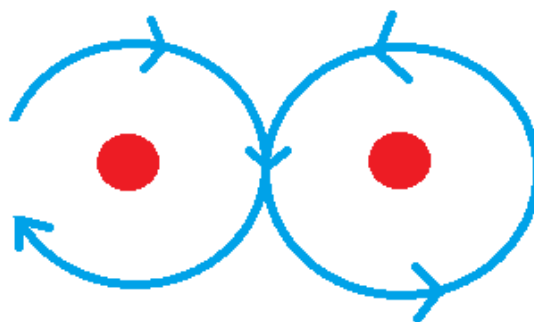
Method - Set up cones in a straight line and weave in and out of them.



Progression - To make the task harder add more cones or move the cones closer together.

Exercise 2 - Figure of 8

Method - Use two cones set apart from each other and cycle a figure of 8 around them.



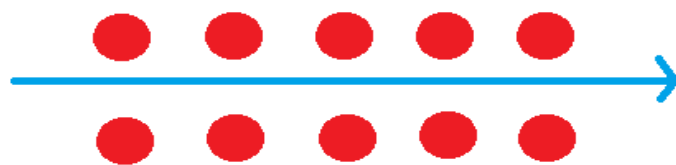
Progression - To make the task harder move the cones closer together.



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Exercise 3 - Straight Line

Method - Set out two straight lines of cones and see how straight you can cycle between them



Progression - To make the task harder gradually move the lines closer together.

Exercise 4 - Obstacle Course

Method - Put all three exercises together one after the other to create an obstacle course.

Game Idea - Add penalty points for every cone you accidentally hit as you practise, see which family member can finish on the least number of penalties.