

Get up &
go!

How to play

You can do this activity outdoors in your local park. You can play by yourself or with a group.

Mark out a starting line and finishing line using jumpers or towels.

Set up a cycling course with obstacles to dodge. You can use anything – a water bottle, jumper or teddy bear.

On one, two, three and go, try to cycle as fast as you can to the finishing line weaving between the objects and try not to squash anything.

The winner is the cyclist who completes the course in the fastest time. If you're cycling on your own, try to beat your best time.

If you don't have a bike, you could always try this activity on foot.

Equipment

Bike, timer and any sort of obstacles you can find. A water bottle, jumper or teddy bear would work well.

Group games and activities can only be played with people you live with.
Follow current Coronavirus guidelines at all times.

Cycling obstacle course