

Activity: Movin' On

Target Group: grades 1-4

Recommended Size: works well with any size group, as long as space permits

Time Requirement: Game can last 5-10 minutes or until children lose interest

Supplies Needed: leader with a loud voice, and wall markers for each checkpoint (1 through 10)

Space Requirements: a large open space so that kids can move freely (preferably a gym, or outside)

Safety Considerations: make sure there is enough space for children to move across gym without hitting one another- no running is allowed- they can skip, crab walk, hop, jump – be creative. Make sure that children have proper footwear so they do not trip or fall on the surface

Rules:

1. Leader announces an activity that can be done on, or has to do with a bike. For example 'I rode my bike to grandma's house'.
2. If children have done the given activity then they move to station 1.
3. Leader then says another biking activity, for example, 'I wear my helmet when I ride my bike', and if children have done it then they move to the next checkpoint
4. The leader continues on announcing various activities and the children move around to the different check points if they have participated in the announced activity.
5. The leader may also have the children move backwards if they have done an inappropriate bike activity, for example, 'if you did not wear a helmet go back one checkpoint'
6. Repeat the steps over until all children have gotten a chance to become involved, and they are ready for the presentation.



Learning Outcomes: At the end of the activity children will have a better understanding of safe cycling.

Example activities:

- I sometimes cycle with my mom and dad
- I have a bell on my bike
- I wear a helmet when I cycle
- I let someone know where I am going when I ride my bike
- I always ride with a buddy
- I make proper hand signals
- I bring water with me for long bike rides
- I check my brakes before I start riding my bike
- I make sure there is air in my tires before I start riding
- I sometimes ride my bike to my friends' house
- I sometimes ride my bike to school
- I lock up my bike when I am not using it
- I can put one finger between the chin strap and my chin
- I encourage my parents to wear a helmet when they cycle
- My bike has reflectors on the pedals
- When I come to a STOP sign I get off my bike and walk my bike
- Etc

Inappropriate activities (go back one checkpoint)

- I double my friends on my bike
- I do not wear a helmet when I bike
- I do not use a light if I ride at night
- I listen to music with an IPOD when I ride my bike
- I sometimes wear my hockey helmet when I am cycling
- I sometimes leave my bike in the driveway
- Etc.

