

Bike Rodeo Stations

1. Safety Check (A-B-C-D-Quick Check)

Children will learn how to put their bikes through an A-B-C-D Quick Check. The children will check for the following;

A – Air in the tires

B – Brakes are working properly

C – Chain/Crank is in working order

D – Drop to make sure nothing is loose

Quick – Check the quick releases and take the bike for a short ride.

2. Power Glide (optional)

Children will start at a designated line for this challenge (made with chalk). When the activity begins, the students will take one pedal push (one pedal will go from 12 o'clock to 6 o'clock) and try to glide as far as possible without touching the pedals or the ground.

3. Straight Line Challenges

This challenge focuses on balance and control. Students will try to ride between two sets of chalk lines that are 6 inches apart and about 20' long. After the first 2 attempts, the students will have to signal left or right while completing the same challenge (riding with one hand on the handle bars is more challenging). Another challenge is to have the student ride without their bottom on the seat.

4. Rock Dodge

Children will attempt to ride through a field of cut tennis balls (rocks) without touching any of the rocks. Each child may take multiple attempts at this challenge. To make the challenge more difficult, more tennis balls may be added each round.

5. Balance Box (for time)

For this challenge, a box will be drawn on the ground using chalk (3'x4'). The children will ride slowly into the box and then stop and try to balance as long as possible without touching any body part to the ground.

6. Speed Bumps

Using 2x4 boards that are 3-4 feet long, children will attempt to go over them slowly while maintaining control of their bike. Children will be encouraged to demonstrate the "ready position" at this challenge (pedals even, bottom off the seat, weight back toward the back tire).

7. Cone Weaving

Ten cones will be placed in a straight line about 8 feet apart. The students will attempt to make it through the cones by weaving through the cones without touching them. If successful, the students can try the challenge using another set of cones that are 7 feet apart. They can also try the challenge while keeping their bottom off the seat.

8. Paper Toss

The children will ride their bikes through a cones area and at the end of the space will attempt to toss rolled up paper at a plastic basket. Prior to riding child will be given the rolled up paper to throw and he/she will throw the paper at the target on either side depend on if he/she is right or left handed.

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