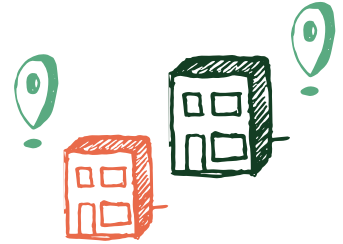
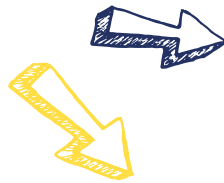




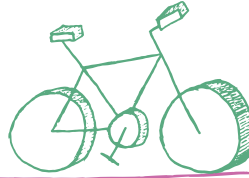
WHEELIE FUN

Can you wheel the fastest?

A-Z



HOW TO PLAY GET WHEELING!



- > Get on your bike
- > Pedal as fast as you can!
- > Can you pedal fast for 20 seconds?
- > Can you do anymore?



SUITABLE FOR: All ages
TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space
- > Floor mat
- > Your bike
- > Something to keep the bike in place like heavy books or bricks in front and behind the wheels – this will also work if you have stabilisers
- > You could try having someone hold the bike in place for you while you pedal by holding the handlebars at the front



REMEMBER This is a family activity – you can ask an adult to help you keep your bike in one place for you!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



CHALLENGE!

Try standing up on the pedals and cycling for 20 seconds as fast as you can!

