



CYCLING

Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

www.yourschoolgames.com/sgo/mk-north/

Challenge 1: Slalom Shuttles

Equipment –

- A bicycle,
- a tape measure/ruler to measure the distance for the cones or markers
- 14 cones or markers

Video support - <https://www.youtube.com/watch?v=1ceyZs9x374>



- Use a set of 8 cones and set out in a line with the two end cones further away from the main 6 cones
- Start at one end. Make your way weaving through the course-if you were skiing this would be called slalom
- How many laps can you do in 5 minutes?

MAKE SURE AREA YOU ARE USING IS CLEAR AND SAFE!

Recording your score -

Record how long it takes for you to complete 5 laps

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – koladipo@thehazeleyacademy.com

Challenge 2: Straight sprint

Equipment –

- A bicycle,
- a tape measure/ruler to measure the distance for the cones or markers
- 14 cones or markers

Make sure you have a suitable space for this challenge!

Video support - <https://www.youtube.com/watch?v=7xzpf8ctT3U>

- How fast can you go over a 20 metre course?
- Be ready in the on the start line
- Someone will need to time you and start
- They shout 'On your marks, get set, go'
- Standing or track start (someone can hold you to start)
- Ride as fast as you can to the finish line
- Change gear if you can and are able
- How quickly can you complete the course?



Recording your score –

Keep record the time it take for you to complete the course.

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SUBMIT YOUR SCORE

Make sure you join us again next time for the next **Virtual School Games** competition...



Take your final scores from both challenges send them to the email below.

Challenge 1 Slalom Shuttle

Challenge 2 Straight Sprint

Submit your SCORES via the email below –

koladipo@thehazeleyacademy.com

Entries must be submitted by 1pm on Friday 3rd July

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.

Participants – All participants will receive recognition for taking part.