

Pedalheads Parent Guide

25 Biking Games

1) Musical Signs (like bike riding cake walk)

Put the plastic signs around the field about 20 feet apart in a circle. Kids ride bikes around the circle as music plays. When music stops kids must stop on a sign - you draw a sign out of a bucket, whoever is on the corresponding sign gets a sticker.

2) Squish the Juice Box

Place one empty juice box per kid on the ground. Kids ride around in a circle and ride over the juice box. Repeat 3-4 times then see who has the flattest juice box.

3) What Time is it Mr. Wolf?

Line kids up at one end of the field facing you. At the other end kids yell "What time is it Mr. Wolf?", you say "12 o'clock" kids take 12 pedals and stop. Repeat until they get close to you when you yell "lunch time", they have to turn and ride back fast!

4) Go Go Stop

Kids line up at one end of the field facing you at the other end you face the other way and yell "Go, Go, Go....." while they ride towards you when you yell "Stop" they stop and be still while you turn around and look game ends when someone reaches you and tags you.

5) Tortoise and the Hare

Tell the kids the story of the tortoise and the hare before you start. Kids line up at one end of the field, ready to ride to the other end when you say "tortoise". They have to ride as slowly as possible when you say "hare" they have to ride as quickly as possible.

6) Follow the Leader

Kids take turn leading the group around the site. Add hand signals, shoulder checks; keeping your distance kids should yell out the direction each time, ie: "shoulder check", "stop".

7) Ride to the back of the Line (variation of Follow the Leader)

Kids play regular follow the leader. Front rider yells out a bike part and turns to go the back of the line the second in line is now the leader.

8) Look up to see the Signs

Kids line up in single file. Ride down towards the field to you, flash them a picture of a road sign that they have to identify. Kids have to look up and call out what they see, use colours for the little kids.

9) Count the Pedals

Push the kids one at a time. Have them pedal continuously, counting the number of pedals out loud. Each time try to do more to make it harder, count the continuous pedals up a hill.

10) Ski Course

Set up cones and flags like a slalom ski course. Line up the kids single file, each one rides down around the cones set up a finish tape by attaching flagging tape between two signs.



11) Shoulder Check and Call out the Color

Kids in a line single file with you standing beside them as the kids ride to the other end. Yell "Shoulder check" and hold up a color kids have to look back, see the color and yell it out repeat the game until they can see the color and maintain a straight line.

12) Stop on a Penny

Kids line up at one end of the parking lot. Draw 2-3 chalk lines bisecting where they ride, have the kids ride and then stop with their front tire touching each chalk line. To make it really hard, put pennies on the chalk lines and get kids to stop on them.

13) Bucket of Signals

Kids line up at one end of the intersection. Each child picks out a ball with R (right), L (left), Stop or S (straight) they ride up to the intersection and do their turn, return to the line, repeat.

14) Treasure on the Hill

Hide a "treasure" (freezies or gummy bears) at the top of a hill or hard spot to ride to. Kids are pirates who ride up to the top and dig/look for the treasure. Eat the treasure!

15) The Shrinking Tunnel

Set up 4 signs, 2 attached with flagging tape and put across from each other, so there is a space to ride between them. In single file ride through the tunnel, make the tunnel narrower so kids maintain a straight line when they ride.

16) Red Light, Green Light

Line kids up at one end of the field facing you at the other end. Yell "green light" and the kids ride, yell "red light" and they stop; first one to pass you is the new leader.

17) Don't Get Squirted

Kids ride their bikes around the field, as they ride by try to squirt them with your water bottle - let the kids take turn being the squirters (no squirting in the face).

18) Mirror Ride with a Buddy

Line up in pairs at one end of the parking lot. Say "Go", partners ride together trying to stay the same speed down the field. For extra challenge, riders can do signals, shoulder checks the buddy has to try to mirror all the moves.

19) Rocket Launcher

Line the kids up single file. Instructor starts pushing and says 10,9,8,7... and then blast off as they push the kids; kids can choose a small, medium, large or jumbo sized push.

20) Kick the Cones

Set up 2 lines of cones with a space to ride through the middle. Kids line up single file and ride through the middle, kicking at cones as they go by. Count the number of cones they knock over every time. If they put their foot down they have to start again.

21) Treasure Hunt in 4 Parts

Write out 4 clues, place at locations around your site. examples of clues would be "find an orange and blue tent", "look under the slide," "it's where the gravel starts". Read each clue and ride to the next clue. Get a prize at the end.

22) Shark Attack

Kids line up along a fence or chalk line. Yell "Shark Attack" and then count to 10. Kids have to ride their bikes across to the other side before you run to get them. The ones you catch become sharks too until everyone is caught.

23) Crabs and Crocodiles

Kids line up single file on the field, bikes facing forward. There is a "crab safety zone" on the right and a "crocodile safety zone" on the left you make up a funny story, every time you say "crabs" or "crocodiles" kids must ride to the correct safety zone.

24) Bike Shuttle

Have 1/2 the class at one end of the field, the other 1/2 at the other end. First kid rides down the field, slaps the hand of the next in line and the relay keeps going.

25) 4 Corner Hide and Seek

Set up 4 signs at four corners of the field with a piece of bike equipment like a pump, a bike tool, a light, a lock hidden under a jacket or tarp. All the class rides to one sign, uncovers the equipment, learns how to use it and moves on to the next sign.