CYCLING – GO-RIDE AND RUN

SCHOOL GAMES

Quick introduction

Go-Ride and Run involves two teams racing both on the bike and on foot against each other. Team-mates pair up to cover a set distance (one on a bike and one running), swap roles and race back to the starting point. Riders perform a quick bike and helmet safety check at each end before swapping roles. Teams collect points within two Go-Ride Skills challenges which will place them on the start line, in order of their scores, for the Go-Ride Team Relay race.

Getting started

- Mark out a circuit with cones which can be used for all the Go-Ride Skills challenges and the Go-Ride Circuit Relay, as explained in the competition card.
- Use further cones to indicate start and finish lines at each end of the straights for the Go-Ride Skills challenges.
- Teams can race against each other or against the clock to determine first, second, third etc and secure points to take forward to the next challenge.
- On "Go", the riders should complete their bike and helmet safety check, race the straight of the course, stop, turn the bikes around and hold the bikes ready for the runners.
- The runners, on arrival, perform their own check and mount the bikes. When everyone is set to return, they all race back to the starting point which becomes the finish line.

Health and safety

- Helmets must be worn at all times by both riders and runners who take part in the challenge.
- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms.

Equipment required

- An outdoor space either on a school playing field, playground or car park etc. Any traffic free space would be suitable.
- Cones to mark out the course.
- Any type of bike can be used as long as it is in good working order.

CYCLING – GO-RIDE AND RUN

PHYSICAL ME

- Go-Ride and Run helps to develop basic bike handling skills and safety knowledge. The bike and helmet checks can be looked at in more detail and practised outside of the main competition. During the race each competitor performs the checks at the bike swap over stage.

- Bikes and helmets should be checked as follows:
  - Push down on each tyre to check that they are fully inflated.
  - Pull the bike back holding the rear brake and the front wheel should rise.
  - Push the bike forward holding the front brake and the rear wheel should rise.
  - Check to see that no more than two fingers can be pushed in above the chin strap.

SOCIAL ME

Leading and volunteering

- Leaders can look at the bike checks in more detail and consider tyre pressures (e.g. hard pressure for speed, lower pressure for cornering) and work with riders to discuss the importance of safety when using a bike both in competition and outside school.

- Volunteers can officiate and be on hand to help the bike swap element of the challenge.

Think inclusively (STEP)

Space
- The length of the circuit straights can be altered to make it harder or easier. If appropriate create a parallel course for SEN/disabled riders to perform specific challenges.

Task
- Courses can be shortened and bike and helmet checks can be practised and discussed amongst the group.
- Visually-impaired athletes can participate as runners with a guide, without swapping roles.
- Wheelchair users can perform activities in their wheelchairs without swapping roles.

Equipment
- Any bike can be used including tandems, handbikes, tricycles or quad bikes as long as they are in good working order. Helmets must be worn at all times.

People
- Team members can have different roles depending on their capabilities including non-rider roles and officials.
- Split the different challenges amongst SEN/disabled riders depending on ability.

THINKING ME
- I need to make sure my bike is in good working order and that I help my team-mates during the challenge.

TACTICAL ME
It's important to work with my team-mates, hold the bike for the swap over and wait for my other team-mate rider so that we can ride together between the start, swap area and finish line.

SPORTING ME

Spirit of the Games:
Excellence through Competition

Riding and running, along with helping my team-mates, will require lots of determination to finish the race as winners!

DETERMINATION

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CYCLING – GO-RIDE SKILLS

SCHOOL GAMES

Quick introduction

Go-Ride Skills includes seat push, scooting, seated freewheeling and handlebar push all as part of a team relay race. Riders choose which skill they want to tackle, completing all four in the form of a relay using the straights on either side of the marked circuit. Teams collect points within two Go-Ride Skills challenges which will place them on the start line, in order of their scores, for the Go-Ride Team Circuit race.

Getting started

- Mark out a circuit with cones which can be used for all the Go-Ride Skills challenges and the Go-Ride Circuit Relay, as explained on the competition card.

- Use further cones to indicate start and finish lines at each end of the straights for the Go-Ride Skills challenges.

- Teams can race against each other or against the clock to determine first, second, third etc and secure points to take forward to the next challenge.

- Each team needs to decide which riders are going to complete each skill for their leg of the race: seat push, scooting, seated freewheeling or handlebar push.

- On "Go", the riders complete the straight, performing their chosen skill and ride back to the start to tag the next rider who in turn completes their chosen skill.

- The team finishes when all riders have completed their skill and the last rider has crossed the finish line.

- The image shows the four skills. Team members will agree on individuals to perform each separate challenge and demonstrate each skill one at a time as part of the relay. The quickest team to complete all four, one after the other, will be the winners.

Health and safety

- Helmets must be worn at all times by all riders and runners who take part in this challenge.

- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms.

Equipment required

- An outdoor space either on a school playing field, playground or car park etc. Any traffic free space would be suitable.

- Any type of bike can be used as long as it is in good working order.

Cycling – Go-Ride Skills

Physical Me

- Go-Ride Skills builds bike handling skills. Before racing, the skills should be practised. Riders should firstly walk and scoot with the bike under control.
- Skills and techniques:
  - Start slowly and gradually increase speed.
  - When cornering, riders should place themselves on the inside of the bike for the corner.
  - Riders should be careful not to catch their legs on the pedals when pushing the bikes.
  - When scooting, riders should put the outside foot on the pedal and use the inside leg to push the bike along.
  - When pushing the bike with the saddle, riders should hold and balance the bike using the saddle.

Social Me

Leading and volunteering

- Leaders can encourage riders and outline the simple teaching points.
- They can also discuss what the riders should think about such as which side of the bike to push from and consider when it may be easier to push or scoot than ride.
- Volunteers can officiate and be on hand to help at the start and finish lines.

Think inclusively (STEP)

Space

- The length of the circuit straights can be altered to make it harder or easier. If appropriate create a parallel course for SEN/disabled riders to perform specific challenges.

Task

- Courses can be shortened and the skills challenges can be practiced across different capabilities.
- Visually-impaired competitors can participate with a guide.
- Wheelchair users can perform activities in their wheelchairs as part of the team.

Equipment

- Any bike can be used including tandems, handbikes, tricycles or quad bikes as long as they are in good working order. Helmets must be worn at all times.

People

- Team members can have different roles depending on their capabilities including non-rider roles and officials.
- Split the different challenges amongst SEN/disabled riders depending on ability.

Thinking Me

I need to practise the pushing and scooting skills so that I can do well during the races.

Tactical Me

It's important to see which side of the bike I am most comfortable with when pushing the bike.

Sporting Me

Spirit of the Games:
Excellence through Competition

It's a challenge to do well at all of the Go-Ride Skills so the team will need to choose who completes each skill in the race. Everyone should respect the different skill levels of each rider.

CYCLING – GO-RIDE CIRCUIT RELAY

SCHOOL GAMES

Quick introduction

Go-Ride Circuit Relay involves two, three or four teams of riders starting at one side of the track. Each rider covers one lap, dismounts and tags the next rider. Riders have to tag each of their team-mates down the line before the next rider can set off from a stop box holding area. It's the team that completes all their laps first which takes the win. Go-Ride Circuit Relay can be delivered as a standalone event or as a progression from Go-Ride and Run and Go-Ride Skills. Points accumulated from challenge cards one and two can determine the amount of head start the first rider from each team can have. Those teams with the most points will have the starting advantage. Teams race against each other round a circuit.

Equipment required

- An outdoor space either on a school playing field, playground or car park etc. Any traffic free space would be suitable.
- Any type of bike can be used as long as it is in good working order.

Getting started

- Mark out a circuit with cones which can be used for all the Go-Ride Skills challenges and the Go-Ride Circuit Relay as explained on the Competition card.
- Set the length of the race (based on the number of riders in the team).
- Place a judge on the start and finish line which should be far enough apart to allow the teams to line up between the two.
- Line up all the teams behind the start line.
- Blow a whistle to start the race.
- The first rider from each team rides one lap of the course, dismounts and runs with the bike to the last team member in the line and tags them.
- Each team member tags the rider in front, when the front rider is tagged, they go!
- When the final rider is on their last lap the others should move into the centre of the track to cheer on the sprint finish.
- Riders on the final lap do not have to dismount they simply race to the finish line.

Health and safety

- Helmets must be worn at all times by all riders who take part in this challenge.
- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms.
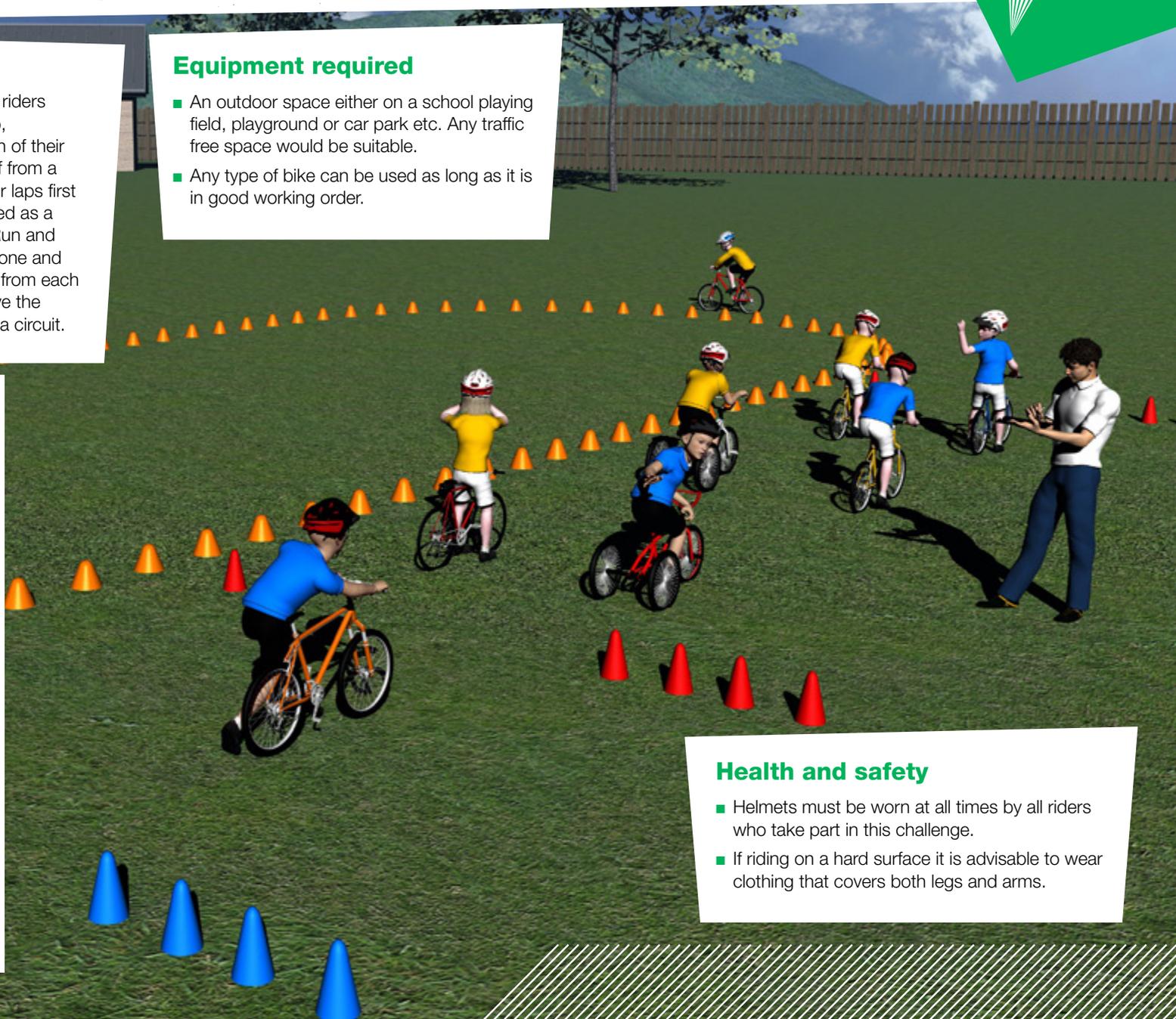
CYCLING – GO-RIDE CIRCUIT RELAY

PHYSICAL ME

- The Go-Ride Circuit Relay brings all the skills developed in the first two challenge cards into one race. Bike handling skills are essential as is mounting and dismounting and pushing the bike from the start of the dismount line to the stop box.
- Riders should observe where team-mates are during their lap and make sure that everyone is in place when riders need to tag one another in the stop box.
- Riders where possible should ride on the inside of the circuit as this will be the quickest route to take.

SOCIAL ME

Leading and volunteering

- Leaders can help the teams in the stop box ensuring fair play as the riders tag along their team line.
- Volunteers can officiate and be on hand to help the bike swap element of the challenge.

Think inclusively (STEP)

Space

- The length of the circuit can be altered to make it harder or easier. If appropriate create a parallel course for SEN/disabled riders to perform specific challenges.

Task

- Courses can be shortened or extra turns added to the straights.

- Visually-impaired competitors can participate with a guide.
- Wheelchair users can perform activities in their wheelchairs.

Equipment

- Any bike can be used including tandems, handbikes, tricycles or quad bikes as long as they are in good working order. Helmets must be worn at all times.

People

- Team members can have different roles depending on their capabilities including non-rider roles and officials.
- Split the different challenges amongst SEN/disabled riders depending on ability.

THINKING ME

- I need to make sure my bike is in good working order and that I help my team-mates during the challenge.

SPORTING ME

Spirit of the Games:
Excellence through Competition

Go-Ride Circuit Relay can get hectic in the stop box as team-mates tag each other along the line. It's important that I play by the rules and maintain fair play.

TACTICAL ME

It's important to work with my team-mates especially in the stop box as tagging each other along the team line to let the next rider go can take time.

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