

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

CYCLING – GO-RIDE TEAM PURSUIT

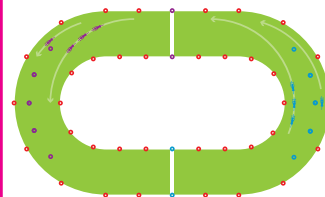
SCHOOL
GAMES

Quick introduction

The competitions in these resources complement British Cycling's 'Go-Ride' programme and the work being undertaken in partnership between the Youth Sport Trust and the Department of Transport on Bikeability. These intra-school competitions are an important step on the cycling participation pathway for young people.

Getting started

- Line up two equal teams of riders (usually four) on opposite sides of the track (home and back straight).
- Each team chases their opponents and are timed over a set number of laps.
- The lead rider in each team changes from the front to the back of the line every lap or half lap.
- Place a judge on each start/finish line.
- The fastest team wins based on the time of the fourth rider across the finish line.
- If one team catches the other the race is over and they are the winners.
- If the race goes the full distance the winners are the fastest team to finish based on the fourth rider crossing the line.



Example course.

Think tactics

Don't let anyone get left behind as it's more difficult to ride quickly on your own.

CYCLING – GO-RIDE TEAM PURSUIT



Organising the game

- Mark out a simple oval circuit by measuring a 20m line down the middle of the available space and mark each end with a cone.
- Peg one end of a tape measure at each end of the 20m line and use cones to mark out 5m radius semicircles at each end.
- Join the ends of the semicircles using cones. This forms the inside edge of the track.
- Mark two central start/finish lines on opposite sides of the track.

Safety

- Helmets must be worn at all times.
- If riding on a hard surface it is advisable to wear clothing that covers both legs and arms.

Officiating

- Line judges record which team finishes first.
- Timekeepers record the time of each team when they complete their final lap, taken when the fourth rider crosses the line.

Keep it enjoyable

- Involve non-riders to let the team know how far ahead or behind they are and cheer them on.

- Consider a running start where the competitors have to run from a set point, mount their bikes and go!
- You can change the numbers within the teams or reduce the laps they need to complete the race or have one team on the course at a time.
- Practise line changes by putting down extra cones on each bend where the lead rider can move to the outside lane and rejoin the line in the straight.

Think inclusively

- Non-riders can be part of the team and used as lap position callers by indicating whether their team-mates are up or down on their competitors.
- Physically-impaired cyclists can use handcycles or tricycles.
- Visually-impaired cyclists can use tandem cycles.
- Consider delivering sessions on a hard surface such as a playground which will help physically-impaired riders with bike handling.

Spirit of the Games: Excellence through Competition



Working together for a common goal is the essence of any form of team pursuit both against the clock and against the competing team.



Lead rider changing from front to back of line.



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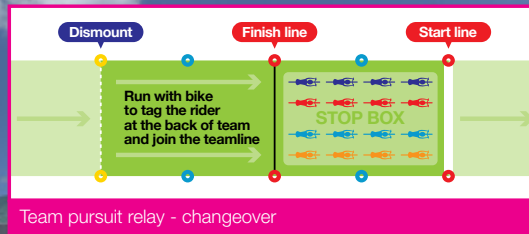
SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

CYCLING - GO-RIDE RELAY

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Quick introduction

Go-Ride 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. The team that completes all their laps first takes the win.

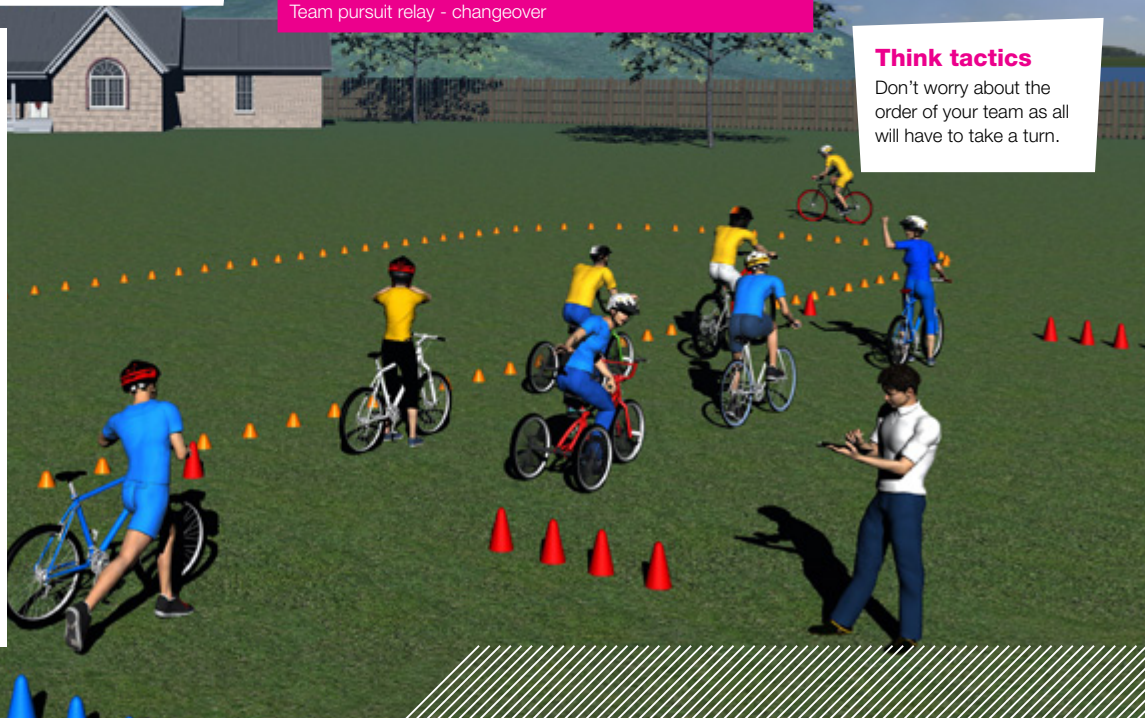


Getting started

- 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 their bike to the last team member in the line and tags them.
- Each team member tags the rider in front and when the next rider to start the lap 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.
- The final lap riders do not have to dismount, they simply race to the finish line.

Think tactics

Don't worry about the order of your team as all will have to take a turn.



CYCLING – GO-RIDE RELAY



Organising the game

- Mark out a simple oval circuit by measuring a 20m line down the middle of the available space and mark each end with a cone.
- Peg one end of a tape measure at each end of the 20m line and use cones to mark out 5m radius semicircles at each end.
- Join the ends of the semicircles using cones. This forms the inside edge of the track.
- Mark a start line with a finish line 5m behind the start line.
- Mark a dismount line 5m behind the finish line.
- Each team should line up one in front of the other alongside their rival team/teams behind the start line.
- Each team should line up one in front of the other alongside their opponents behind the start line.

Officiating

- Judges make sure that the rider dismounts at the dismount line before they tag the next rider who should be beyond the finish line but within the stop box.
- Judges make sure that each rider has completed a full lap.

- Marshalls will need to clear the remaining riders during the final lap before the last riders sprint for the finish line.

Keep it enjoyable

- The course does not have to be perfectly oval; other left and right turns can be added.
- Involve non-riders to let the team know how far ahead or behind they are and cheer them on.

Think inclusively

- Non-riders can be part of each team and help riders as they dismount in preparation for tagging their team-mate.
- If the course is made shorter you could double up the laps for some or all of the riders.

Spirit of the Games: Excellence through Competition



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



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SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

CYCLING – GO-RIDE AND RUN

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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.

Think tactics

Runners should ensure that riders have a good balanced position and have their lead foot ready before setting off!



Hold the rider.

Getting started

- Set the number of laps (start line to bike swap and return).
- Place a judge on each end of the straight for each team.
- Ask the runners to hold up the first set of rider team-mates on each start line.
- Blow a whistle to start the race. The riders then race the straight of the course, stop, turn the bikes around and hold the bikes up ready for the runners.
- The runners mount the bikes and when everyone is set to return, they all race back to the starting point which becomes the finish line.
- The riders in the same team have to wait for one another at each of the standing starts and ride together.
- Any size team is acceptable as long as there is an even number of competitors.
- Riders must have their feet on both pedals when being held up by the runners and can only start when all their team's riders are ready to go.
- The team finishes when all of their riders and runners complete the course.



CYCLING - GO-RIDE AND RUN



Organising the game

- Mark out a simple oval circuit by measuring a 20m line down the middle of the available space and mark each end with a cone.
- Peg one end of a tape measure at each end of the 20m line and use cones to mark out 5m radius semicircles at each end.
- Join the ends of the semicircles using cones. This forms the inside edge of the track.
- Mark start/finish lines and changeover lines at either ends of the straights.
- Each team uses one of the straights on the marked out oval to race along.

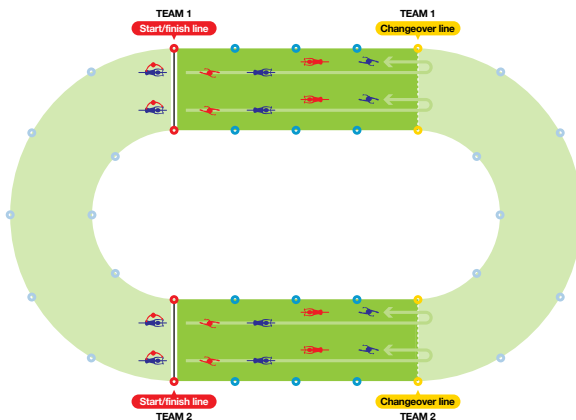
Officiating

- A start and finish judge can count down to the start, ensure all riders have their feet on the pedals and can judge the end of the race as the teams complete the course.
- A judge should be stationed at the changeover area at the end of the straight to ensure that riders set off together.

Keep it enjoyable

- Make sure that the riders ride together so that the team is not split up during the race.

- To improve overall bike handling you can have a lap of pushing, scooting or saddle pushing and don't forget to practise before you race.
 - You can make the straights shorter and have plenty of practice holding up riders in the stationary position before going into race mode.
- ## Think inclusively
- Those who cannot ride a bike could scoot or push the bike.
 - Other types of bike can be used including tricycles.



Spirit of the Games: Excellence through Competition

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



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