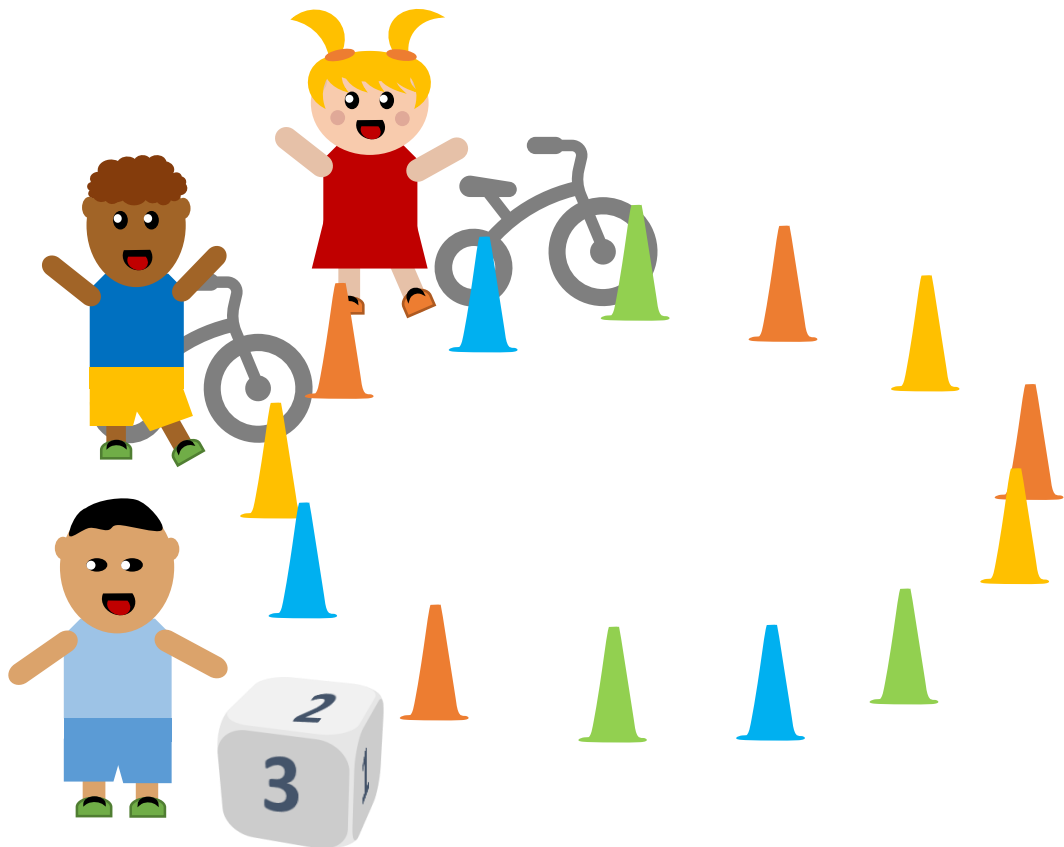


PHYSICALLY ACTIVE LEARNING



BIKE RACE



BIKE RACE

Objective

In Bike Race, the children connect quantity and numbers to the number of bike rounds around the route.

Equipment

Bikes

Cones

Die

Instructions

1. Create a bike route by putting out cones and any other markings.
2. The children start by throwing a die, and then bike the number of rounds around the route according to the number of dots on the die.
3. The children start with a short distance, but several children can be cycling around the route at the same time.

Tips

- Create multiple routes to avoid queuing along the routes. Multiple routes also allow you to adapt the difficulty level according to the age and ability of the children playing. If the routes are different, the children can switch routes along the way.

Variation

- You can organise the activity as a relay race where the teams bike along each route. Since the children throw the die before biking, the outcome (the winners) of the relay race becomes more random.
- Preferably, go on a biking trip outside the preschool.