

BRAKE MARKS



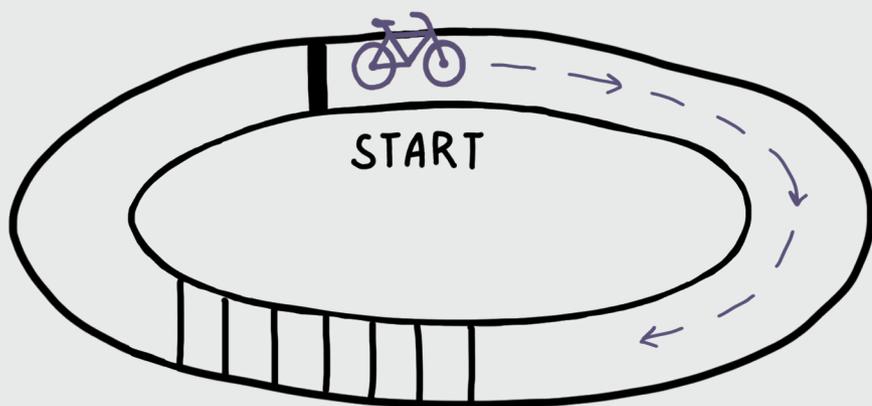
EQUIPMENT

Chalk or a stick for drawing lines on the tarmac/in the ground.

PREPARATION

Preferably use a space that slopes down slightly, perhaps with a gravel surface. Mark a big oval track, and mark a starting line at one end. At the other end, draw clear lines going across the track. The lines must be at least one metre apart, so the children can choose for themselves which line they want to brake on.

Tip: This game works best with a footbrake. Let the riders first try making brake marks one by one, so they know what it feels like before they go on the track



RIDERS PRACTISE

- **Braking with precision and keeping their balance**
- **Daring to ride fast and brake suddenly**
- **Paying attention to fellow cyclists**

HOW TO PLAY

The object is to make so many brake marks over the lines that the lines are erased. The children get set with their bikes, side by side. Set them off a short distance apart, so they don't bump into each other. They need to get up a good speed, and the children decide for themselves which line they want to brake on. When the lines have disappeared – or almost – everyone goes and admires the splendid brake marks.

IDEAS FOR DEVELOPING THE GAME

Simplification: Don't mark a track. Let the children simply set off and brake when they are ready.

Development: Hold a brake-mark competition where the aim is to make the longest marks.

Variation: Water brake marks. Make brake marks when it's been raining, or pour water on the track yourself.