

# OBSTACLE COURSE



## EQUIPMENT

Cones, activity rings, buckets, chalk etc. Optionally, a long piece of material to make a bike tunnel with, a water atomizer for making rain, or drums, ladles, sticks etc. for making 'bike music'.

## PREPARATION

Preferably, use a space with small hills and a variety of surfaces, e.g. grass, sand, small puddles, mud etc. Make an all-round obstacle course including turns, a slalom, narrow sections, wide sections, places where you have to ride slowly and places where you just need to go fast. There can also be living obstacles in the form of adults or children using atomizers to make rain, throwing balls or making bike tunnels with carpets, parachutes etc. The only limit is your imagination.



## HOW TO PLAY

Let the children ride through the many obstacles at their own pace. The course must be one-way to prevent too much chaos, but riders may by all means overtake and miss obstacles out, as long as it isn't a nuisance to the other children.

### RIDERS PRACTICE

- Manoeuvring on the bike
- Attention and reactions
- Improving through immersion and repetition

**Tip:** Ride or run around the course yourself, so the children all see and understand how they have to do it.

### IDEAS FOR DEVELOPING THE GAME

**Simplification:** Leave out the obstacles and just mark out a course for the cyclists to ride around.

**Development:** The children have to carry rings or other objects round with them, and deliver them to a particular place (see also Tilting-at-the-Ring).

**Variation:** Everyone gets a stick, ladle or similar and plays 'cycling music' on pipes, wastebaskets, boards etc while riding.