

BETTER WATCH OUT



EQUIPMENT

A bucket or bag containing 10-20 small, light balls.

PREPARATION

Draw two parallel lines 25-30 metres apart. All the children must be able to stand side by side with their bikes behind both lines. Halfway along one long side, mark off an area for the ball-throwers and the 'hospital'. Put the bucket of balls here.

RIDERS PRACTISE

- Judging distance and speed
- Positioning themselves tactically and avoiding obstacles at high speed
- Daring to ride through a hail of balls

IDEAS FOR DEVELOPING THE GAME

Simplification: Roll the balls instead of throwing them. Do away with the rule about something having to happen if you are hit.

Development: When you get hit, you must be a ball-thrower yourself in the next go.

Variation: Make up more rhymes and stories of your own to suit the game.

HOW TO PLAY

The adult is the ball-thrower, and stands at the ready next to the balls, which will represent cars in the game. The children get set behind one of the lines. The game begins with a 'bike rap' that everybody shouts loudly in unison, with lots of energy and ideally some gestures:

- **All:** People riding half asleep in the traffic in town, better watch out or you might get knocked down!
- **Ball-thrower:** You must ride... standing up!

The last line varies each time, with the ball-thrower deciding how the children are to ride. For example: riding slowly, pushing the bike, riding one-handed, lifting the bike etc. When you have shouted out the last line, the children must cross the track while you try to hit them with the 'cars'. The children who do not get hit ride on across the other line and get ready for the next round. Those who get hit stay perfectly still and wait for the ambulance. The ball-thrower now turns into an ambulance, runs up to the children who have been run over and sprinkles them with fairy dust, so they get better and can join in the game again. The ambulance roars 'ner-ner, ner-ner' loud enough for everyone to hear. When the run-over children have been given the fairy dust, they get set with the other riders, and a new go can begin.

Tip: Start by throwing at the riders who seem most confident and secure.

