

Activity cards




CyclingUK
Community
Cycle Clubs

CyclingUK
Community
Cycle Clubs

Introduction

This set of activity cards will help enhance your Community Cycle Club sessions. They provide you with ideas to keep things fun while developing essential skills, ensuring participants stay engaged, motivated and safe for led rides. Mixing these cards into your sessions will keep them creative and enjoyable, no matter the group's ability level.

This pack is filled with 8 activities designed to teach essential skills like signalling, balancing and manoeuvring. Use these activities when you want to focus on a specific skill or when the weather keeps you indoors. Each card outlines the required equipment, length of activity, ideal location and variations to keep things fun. When running an activity, ensure you explain how the skills will be useful when on a group ride or riding independently.

www.cyclinguk.org

Before you start:

- Check all cycles are safe and roadworthy. The ABCD check should be completed by all participants at the start of each session. See our guide on the other side.
- Complete a risk assessment before each session to identify hazards and implement appropriate safety measures.
- A number of these activities can be run indoors; websites such as Playfinder and Active Clubs can help you find local venues.
- For new or indoor venues, check with the facility provider around their relevant policies and procedures.
- Finally, get creative and have fun!

Equipment required:

These activities are all designed for you to run with minimal equipment. Here's a list of the items you'll need:

- Cycles
- Ride leader kit (multi tool, tyre levers, puncture repair kit, pump)
- Cones or markers

ABCD check

A quick one minute check to be done every time you ride.



is for air – keep the tyres pumped up and check the wheels spin freely. If they don't, look for brakes or mudguards rubbing, or a sideways wobble of the wheel.



is for brakes – the most important part of a bike. To check the front brake, push the bike forward and apply the lever (usually the right-hand one). The bike should stop. For the back brake, do the same but push the bike backwards. If in doubt, get it checked.



is for chains, cables and cogs – look for frayed cables, oil the chain, and check the handlebars and saddle don't move. Watch out for anything unusual.



is for drop – check that the handlebars and saddle are secure. Lift the front of the bike by the handlebars so the front wheel is about 10 cm off the ground, then let it drop. Listen for any unusual noises and watch for loose or falling parts. Repeat with the rear of the bike.

Contents



www.cyclinguk.org

Contents

Slow and steady		
Ride leader says	 	
Signal master	 	
The box challenge	 	
Figure of eight		
Follow the leader	 	
Waving / high fives		
Pedal and pass	 	

Skill practiced



Balance



Observation and communication



Signalling and manoeuvring



Time:
15 minutes



Location:
Indoor or outdoor



Slow and steady

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Develop balance and coordination when stationary and moving.

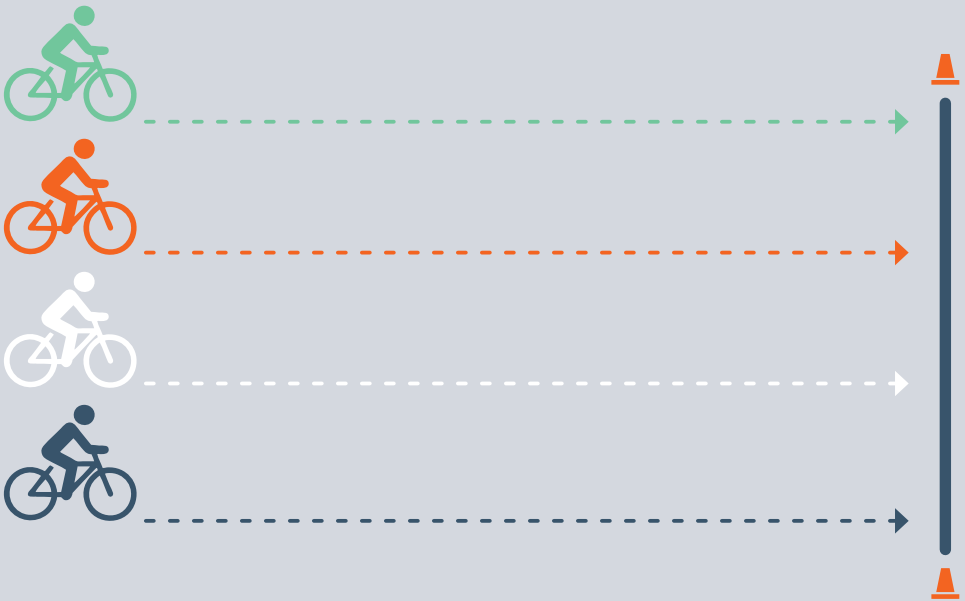
Quick set up guide:

Using cones, set up a rectangle around 15 metres in length and wide enough for all riders to move about freely.

Step-by-step instructions:

- Starting together, riders are to begin cycling towards the opposite side.
- Riders must ride as slowly as possible, without putting a foot down.
- The aim is to be the last rider to cross the line.

Slow and steady



Variations

- **Simplify:** allow less experienced riders to put a foot down a designated number of times.
- **Challenge:** find a space on a slight incline.

Teaching notes

- Riders to have pedals level with lead foot forward.
- Encourage riders to practise rocking pedals/cranks with lead foot.
- Make sure brake levers are covered at all times.
- Encourage riders to lift their head up and look forward.



Time:
10 minutes



Location:
Indoor or outdoor


CyclingUK
Community
Cycle Clubs

Ride leader says

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Build confidence in balance and observations.

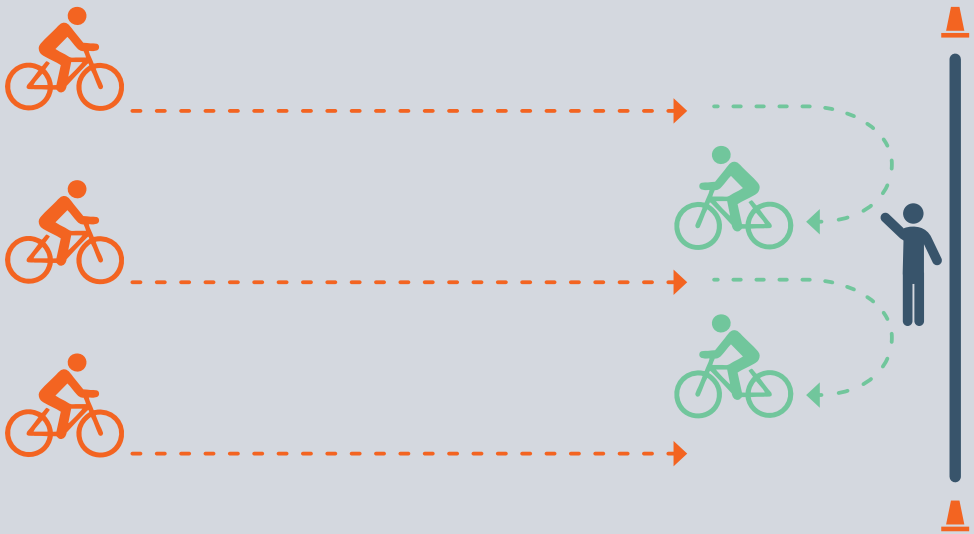
Quick set up guide:

Using cones, set up a rectangle around 15 metres in length and wide enough for all riders to move about freely.

Step-by-step instructions:

- Split the group into small groups.
- Riders cycle towards you. As they cycle provide them with commands such as 'ride leader says raise your left hand', 'ride leader says stand up', 'ride leader says look over your left shoulder'.
- Once they reach the end of the rectangle, riders turn round ready to cycle back to the start.
- This time, they must look over their shoulder and copy the movement you are making, such as a left arm signal or touching your nose.

Ride leader says



Variations

- **Simplify:** Keep the movements simple and small whilst riders build their confidence and avoid asking them to look over their shoulder.
- **Challenge:** Ask riders to slow down, or to do two actions at once.

Teaching notes

- Encourage riders to try looking over their shoulder with and without taking the same-side hand off the handlebars, it can help them keep the bike straighter. Get riders to try both ways to see what works best.



Time:
10 minutes



Location:
Indoor or outdoor


**Community
Cycle Clubs**

Signal master

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Build confidence in signalling and observations.

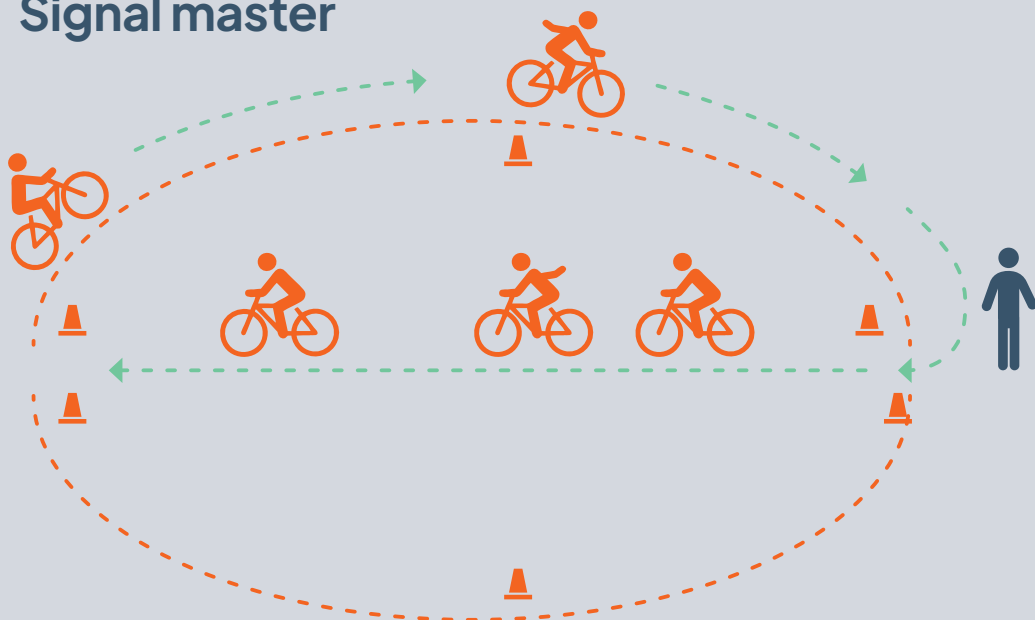
Quick set up guide:

Set up a large oval with cones and a central path.

Step-by-step instructions:

- Riders cycle around the oval. At the top, they turn onto the central path.
- As they ride down, they look back at you and signal in the direction you point.
- Before reaching the end, they return both hands to the handlebars and turn accordingly.
- If given different directions, riders must negotiate before re-joining the oval.
- Allow only one rider down the central path at a time.

Signal master



Variations

- **Simplify:** Ask riders to ride straight towards you, mirroring your signals – starting with one hand off, progressing to a full arm signal.
- **Challenge:** Extend signal time, slow down, or practice signalling whilst breaking and looking back.
- **Extended challenge:** two groups riding opposite directions, two riders ride down the channel towards each other and have to pass side by side.

Teaching notes

- Remind riders to return both hands to the handlebars before turning to reinforce safe habits.
- Offer feedback, especially if a rider tends to veer while signalling.



Time:
15 minutes



Location:
Indoor or outdoor


CyclingUK
Community
Cycle Clubs

The box challenge

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Build confidence in balance and manoeuvring.

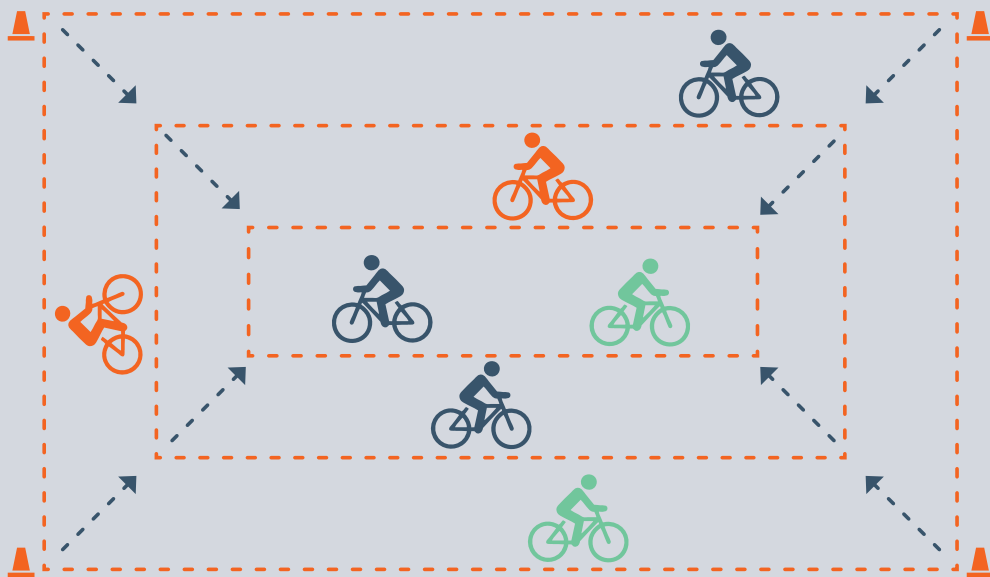
Quick set up guide:

Mark out a large box using cones or markers, ensuring enough space for all riders to move comfortably.

Step-by-step instructions:

- Riders cycle freely within the box, manoeuvring around each other.
- Gradually shrink the box while riders continue to cycle.
- If a rider stops or puts a foot down, they are out and must leave the box.
- The last remaining rider wins.

The box challenge



Variations

- **Simplify:** Start with a larger space and allow less experienced riders to put a foot down a designated number of times.
- **Challenge:** On the leader's call, riders must stop and balance without putting a foot down until given the 'go' signal. They then continue cycling within the shrinking box.

Teaching notes

- Remind riders to keep their heads up and look ahead, this helps with balance and awareness of others.
- To develop balance further, encourage riders to try standing up on their pedals while riding.



Time:
10 minutes



Location:
Indoor or outdoor


CyclingUK
Community
Cycle Clubs

Figure of eight

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Increase confidence in turning head whilst riding.

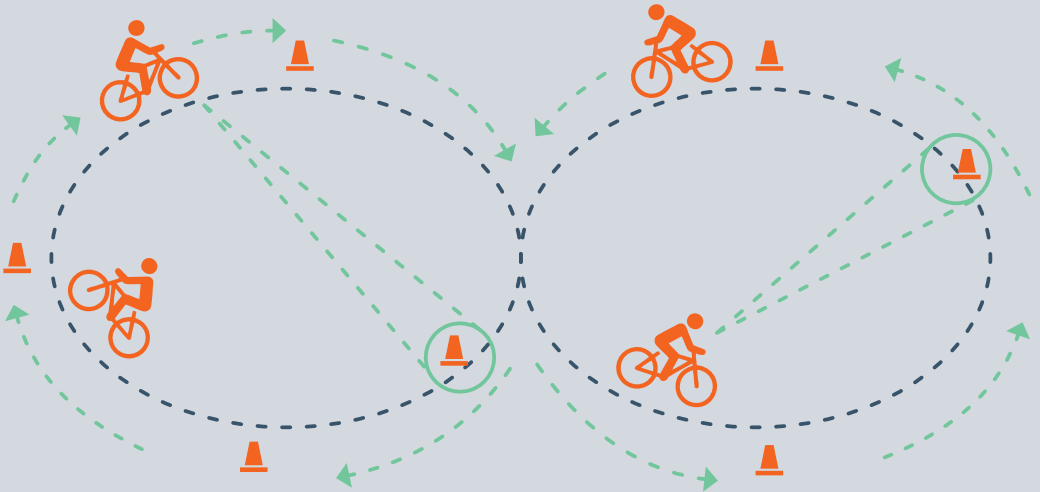
Quick set up guide:

- Two cones spaced four meters apart.
- Ride a figure of eight between the cones.

Step-by-step instructions:

- Riders to individually follow the figure of eight between the cones, moving their line of sight to different points.
- As the rider steers and turns, encourage them to shift their vision further along the path they intend to follow, helping to build their confidence.

Figure of eight



Variations

- **Simplify:** Ride in a simple loop instead of a figure of eight.
- **Challenge:** Decrease the space between the two cones and slow speed to practice control.

Teaching notes

- Encourage riders to focus on where they want the cycle to go and not on the object to be avoided.



Time:
10 minutes



Location:
Indoor or outdoor


CyclingUK
Community
Cycle Clubs

Follow the leader

Equipment:

Cycles, helmets, cones or markers.

Primary skill:

Increase balance and observation skills.

Quick set up guide:

Use a flat surface area with some natural obstacles or put some cones down.

Step-by-step instructions:

- The leader starts off and selects a route of their choice through and around the obstacles or cones.
- Riders follow behind the leader.
- Change the rider at the front to build experience and confidence.

Follow the leader



Variations

- **Simplify:** Riders complete the exercise on their own.
- **Challenge:** Get each rider to lead / change pace / make the route they take more challenging. If a rider puts a foot down they are sent to the back of the line.

Teaching notes

- Remind riders to keep their eyes up and look a few metres ahead. This helps with balance and awareness.
- Position less confident riders near the front to give them space and reduce pressure from others behind.



Time:
15 minutes



Location:
Indoor or outdoor


CyclingUK
Community
Cycle Clubs

Waving / high fives

Equipment:

Cycles, helmets, cones or markers.

Goal:

Increase confidence in taking hands off the handlebars.

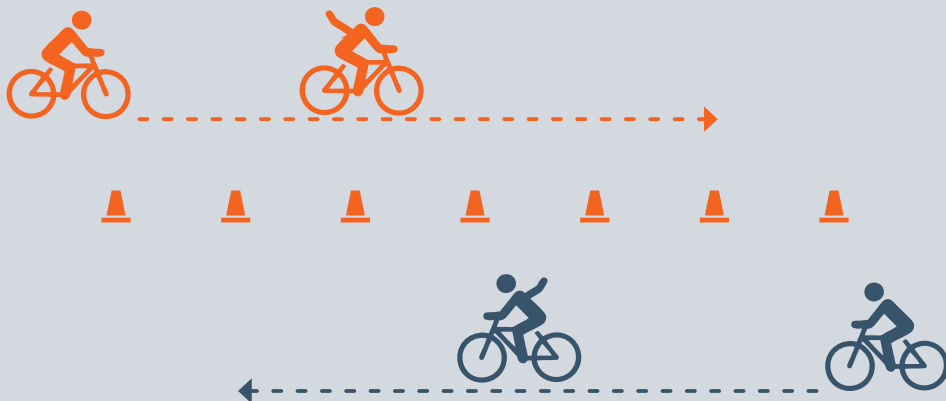
Quick set up guide:

Set up a line of cones.

Step-by-step instructions:

- Group to split into pairs.
- Two riders on opposite sides of the line of cones, starting at opposite ends of the line.
- When riders reach each other, wave or high five.
- Swap sides so riders can practice with both left and right hands.

Waving / high fives



Variations

- **Simplify:** Increase the gap between the riders; riders simply say hello
- **Challenge:** Start with waving, then progress to high fives. Can progress to passing a hand pump to each other.

Teaching notes

- Instruct riders to focus on keeping the upper body upright and using their core strength to keep the cycle stable, before encouraging them to remove one hand from the handlebars.
- Riders may find one hand easier to release than the other. Ask their preferred hand, pair them accordingly and once confident, progress to using the weaker hand.



Time:
15 minutes



Location:
Indoor or outdoor



Pedal and pass

Equipment:

Cycles, helmets, cones or markers, hand pump.

Goal:

Improve confidence in changing speed, communication, and manoeuvring.

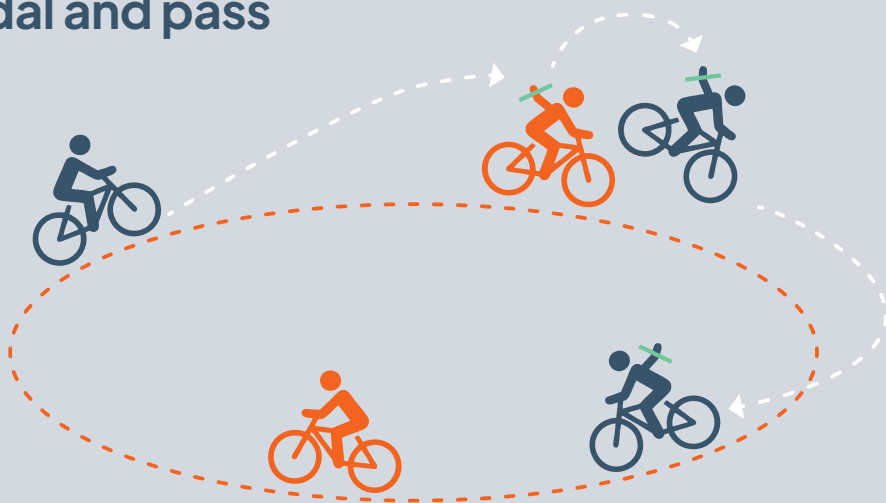
Quick set up guide:

Use cones or markers to create an oval circuit large enough for all riders to cycle around safely.

Step-by-step instructions:

- Riders cycle around the circuit in single file.
- The leader is passed the hand pump and calls out another rider's name.
- The named rider then moves out of the line, rides past the group, and comes alongside the leader to take the item.
- They then become the new leader and call out a different rider's name.
- The game continues until everyone has had a turn.

Pedal and pass



Variations

- **Simplify:** Run the activity without passing an object – focus on practicing overtaking and taking the lead.
- **Challenge:** Add verbal communication requirements, such as calling out “Passing left!” before overtaking. Practise using different hand signals while riding.
- **Further variation/challenge:** Choose an object (bicycle, house) and assign each rider a part of it. Ride in part order around the oval, calling out items to ride to the front. When mixed up, call ‘make a bicycle’ and riders must reorder themselves correctly.

Teaching notes

- Reinforce the importance of communication when cycling in a group.
- Ensure that each rider can control the space between them and the rider in front.
- Make sure brake levers are covered at all times.