

# Bike week

6-12 June 2022

## Bike Week Bonanza

fun cycling games for kids



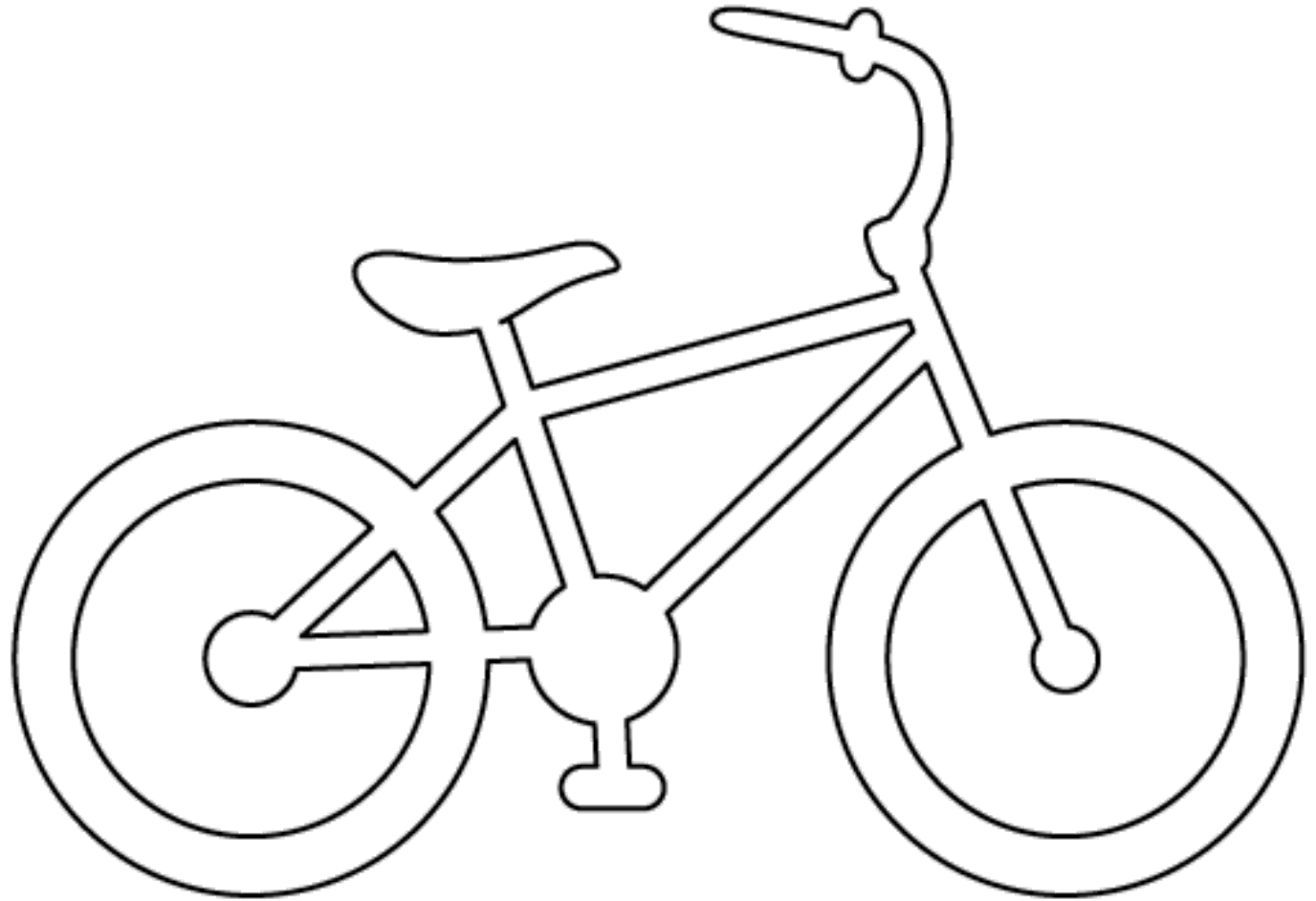
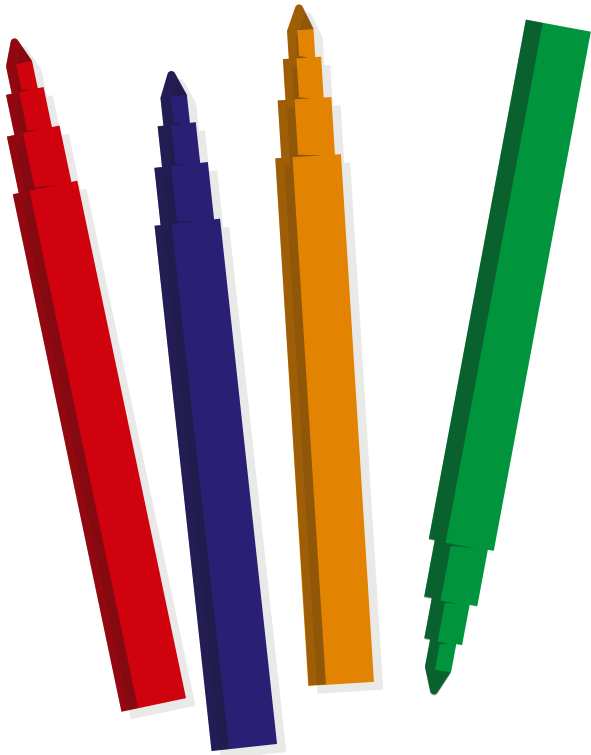
we are  
**cycling**  
UK

# Design your own bike

Design your own bike, be as creative as you can!

Make sure you send us your creations.

@wearecyclinguk #BikeWeekUK



we are  
**cycling**  
UK

  
**Bikeweek**  
6-12 June 2022

# Staying fueled during your ride

It's important to keep your energy levels high when you are cycling. Ask an adult to help you make these delicious recipes.

**Don't forget to lick the bowl, it's the best bit!**

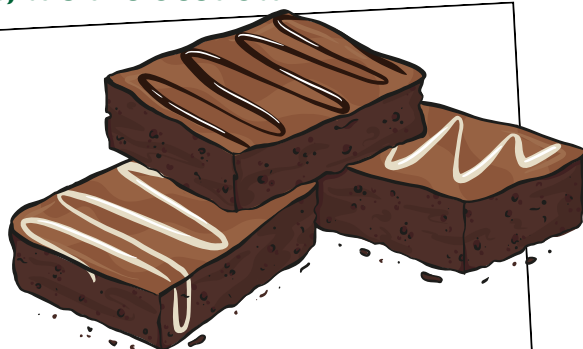
## Cycling brownies

### Scrumptious ingredients

275g softened butter  
375g caster sugar  
4 large eggs  
75g cocoa powder  
100g self-raising flour  
100g plain chocolate chips

### How to bake them

1. Preheat the oven to 180°C/Fan 160°C/gas 4.
2. Grease and line the base and sides of a 30cm x 23cm x 4cm traybake or roasting tin.
3. Measure all the ingredients into a large bowl and mix with a hand-held electric mixer until evenly blended.
4. Spoon the mixture into the prepared tin. Spread the mixture gently to the corners of the tin and level the surface with the back of the spatula.
5. Bake for 40-45 minutes, until the brownies have a crusty top and a skewer inserted into the centre comes out clean.
6. Allow the brownies to cool in the tin and then cut into 24 squares.



## Cycling cupcakes

### Scrumptious ingredients

1110g softened butter  
110g golden caster sugar  
2 large eggs  
½ tsp vanilla extract  
110g self-raising flour  
150g softened butter  
300g icing sugar  
1 tsp vanilla extract  
3 tbsp milk

### How to bake them

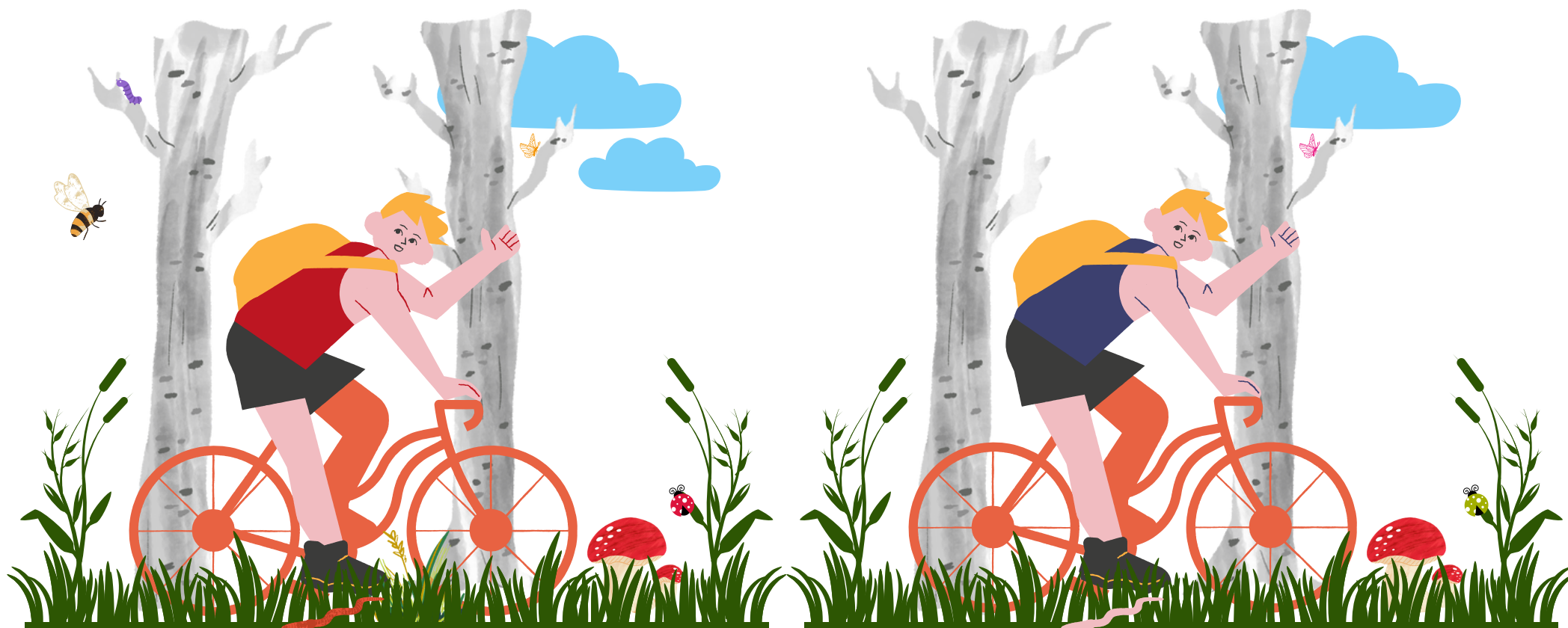
1. Heat oven to 180C/160C fan/gas 4 and fill a 12 cupcake tray with cases.
2. Using a whisk beat the 110g butter and caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time.
3. Add the vanilla extract, self-raising flour and a pinch of salt, whisk until combined then spoon the mixture into the cupcake cases.
4. Bake for 15 mins until golden brown and leave to cool completely on a wire rack.
5. To make the buttercream, whisk 150g butter until soft then add the icing sugar, vanilla extract and pinch of salt.
6. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.
7. If wanting to colour, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes.



# Spot the difference

Can you spot the 8 differences below?

@wearecyclinguk #BikeWeekUK



we are  
cycling  
UK

  
Bikeweek  
6-12 June 2022

# Word search

Can you find all the Bike Week inspired words below?

@wearecyclinguk #BikeWeekUK



**BIKE**

**CHALLENGE**

**EXERCISE**

**FUN**

**HANDLEBARS**

**HELMET**

**JUBILEE**

**NATURE**

**PEDAL**

**SADDLE**

**SPEED**

**WHEEL**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | N | N | X | Y | J | D | Z | R | J | F | I | H | C | P |
| O | M | A | Q | X | U | B | S | P | U | R | J | E | M | H | W |
| P | B | F | D | B | Y | Z | P | P | U | V | L | I | Z | A | C |
| C | I | K | I | E | L | D | D | A | S | M | O | P | Z | N | W |
| D | K | L | C | C | P | N | H | M | E | E | Z | Y | G | D | S |
| E | E | N | A | T | U | R | E | T | S | I | F | V | I | L | U |
| E | V | E | X | P | A | Y | H | I | Y | Z | W | U | U | E | D |
| W | O | P | P | R | P | E | C | Y | K | R | Y | V | N | B | Y |
| O | S | M | S | S | Z | R | A | F | X | E | Q | N | S | A | P |
| N | W | U | H | I | E | M | V | L | R | Y | B | H | I | R | H |
| X | G | Q | R | X | M | U | L | E | M | F | P | U | X | S | M |
| I | J | K | E | T | Y | E | W | E | W | R | I | H | W | M | P |
| M | E | G | N | E | L | L | A | H | C | U | X | M | C | L | X |
| V | B | V | U | W | A | Z | O | W | Y | N | R | G | T | I | F |
| K | P | X | M | M | D | S | J | J | S | Q | W | B | X | V | O |
| C | O | X | W | B | R | G | W | R | N | Q | J | K | H | U | P |



# Photo Competition

Want to win a new kids bike bundle worth £85+? All you have to do is take part in our photo competition.

**@wearecyclinguk #BikeWeekUK**

**The photo could be of the family doing one of our challenges, cycling to school, or doing something from our fun with families bonanza pack. Our favourite photo will win a kids bike from a selection in their size, a matching helmet and care plan from our good friends at Halfords worth over £85+.**



To enter its as easy as 1,2,3

1. Get creative and snap a photo of your family taking part in Bike Week
  2. Submit your photo to us on social media during Bike Week 6-12 June
  3. Make sure you follow @wearecyclingUK and tag using #BikeWeekUK
- Good luck and thanks for playing.

**we are  
cycling  
UK**

  
**Bikeweek**  
6-12 June 2022

# Scavenger hunt

Tick off how many of these you see when you are out cycling.



|  |   |   |  |   |
|--|---|---|--|---|
| <input type="checkbox"/><br><b>Lady Bird</b> | <input type="checkbox"/><br><b>lake or Pond</b> | <input type="checkbox"/><br><b>Butterfly</b>  | <input type="checkbox"/><br><b>Brown Leaf</b>      | <input type="checkbox"/><br><b>Bird</b>   |
| <input type="checkbox"/><br><b>Post Box</b>  | <input type="checkbox"/><br><b>Flower</b>       | <input type="checkbox"/><br><b>Snail</b>      | <input type="checkbox"/><br><b>Pinecone</b>        | <input type="checkbox"/><br><b>Cloud</b>  |
| <input type="checkbox"/><br><b>Feather</b>   | <input type="checkbox"/><br><b>Ants</b>         | <input type="checkbox"/><br><b>Tree Stump</b> | <input type="checkbox"/><br><b>Spider Web</b>      | <input type="checkbox"/><br><b>Bee</b>    |
| <input type="checkbox"/><br><b>Worm</b>      | <input type="checkbox"/><br><b>Union Jack</b>   | <input type="checkbox"/><br><b>Acorn</b>      | <input type="checkbox"/><br><b>Another Bicycle</b> | <input type="checkbox"/><br><b>Cobweb</b> |

# Print your own bib

Print and wear this Bike  
Week bib and don't forget  
to send us your pictures.

@wearecyclinguk  
#BikeWeekUK



we are  
**cycling**  
UK

  
**Bikeweek**  
6-12 June 2022



# Answer Sheet

We hope you enjoyed our Bike Week activities. Here are the answers in case you need a helping hand.

|            |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|            | A | L | N | N | X | Y | J | D | Z | R | J | F | I | H | C | P |
| BIKE       | O | M | A | Q | X | U | B | S | P | U | R | J | E | M | H | W |
| CHALLENGE  | P | B | F | D | B | Y | Z | P | P | U | V | L | I | Z | A | C |
| EXERCISE   | C | I | K | I | E | L | D | D | A | S | M | O | P | Z | N | W |
| FUN        | D | K | L | C | C | P | N | H | M | E | E | Z | Y | G | D | S |
| HANDLEBARS | E | E | N | A | T | U | R | E | T | S | I | F | V | I | L | U |
| HELMET     | E | V | E | X | P | A | Y | H | I | Y | Z | W | U | U | E | D |
| JUBILEE    | W | O | P | P | R | P | E | C | Y | K | R | Y | V | N | B | Y |
| NATURE     | O | S | M | S | S | Z | R | A | F | X | E | Q | N | S | A | P |
| PEDAL      | N | W | U | H | I | E | M | V | L | R | Y | B | H | I | R | H |
| SADDLE     | X | G | Q | R | X | M | U | L | E | M | F | P | U | X | S | M |
| SPEED      | I | J | K | E | T | Y | E | W | E | W | R | I | H | W | M | P |
| WHEEL      | M | E | G | N | E | L | L | A | H | C | U | X | M | C | L | X |
|            | V | B | V | U | W | A | Z | O | W | Y | N | R | G | T | I | F |
|            | K | P | X | M | M | D | S | J | J | S | Q | W | B | X | V | O |
|            | C | O | X | W | B | R | G | W | R | N | Q | J | K | H | U | P |

