

# Controlling, stopping and signalling

BACKGROUND

**WHAT:** A slow-speed race where the last cyclist to cross the line wins.

**PURPOSE:** This activity improves low-speed balance and control skills.

LESSON



## SNAIL RACE

*Optional*

MATERIALS (OPTIONAL)

- Stopwatch
- Paper
- Pencil
- Prizes for winners — water bottles, rear blinking lights, stickers

RIDING ACTIVITY LAYOUT

Use above course without stop signs.

This is a continuation of *Riding a Straight Line* with an added slow-riding element.

*Note: It is recommended that teachers discuss gearing prior to this exercise. See the optional activity below (add an extra 5 minutes). Introducing gearing now will give students the ability to practice during future lessons.*

- 1 Students should remain in their four lines, one for each lane, and will ride in groups or “heats”.
- 2 The last person to cross the finish line in their heat wins the heat and goes onto the “winner’s bracket” in the next round.
- 3 Students will ride within their lanes. Riders are not allowed to place their feet on the ground or cross over their lanes. If they do so they are eliminated from that round.
- 4 The race begins by having students ride up to the 40 foot line together. They should all cross it together and the race lasts until the 80 foot line.
- 5 Teachers can record the winner of each heat and note the lowest times.
- 6 Have playoffs for the two top winners of each heat to see who is the slowest, the first playoff should be groups 1-4 and second groups 5-8. Record the lowest times.
- 7 The two top winners of each heat go to a final race and the first and second place winners are crowned the slow champions. The overall slowest time (thus the best time) should also be recognized.