



Bikeweek

delivered by Cycling UK

Bike Week Bonanza

fun cycling games for kids



we are
cycling
UK

Design your own cycling jersey

Design your own cycling jersey.
Make sure you send us your creations.

@wearecyclinguk #BikeWeekUK



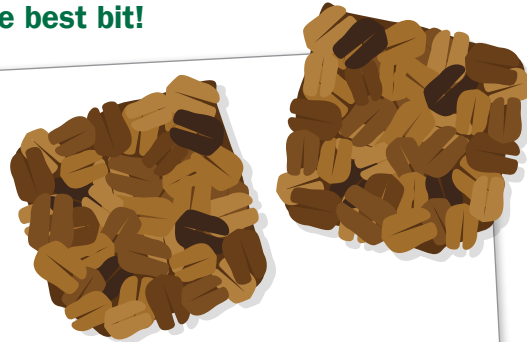
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Staying fueled during your ride

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 flapjacks

Scrumptious ingredients

175g unsalted butter
125g light brown sugar
125g golden syrup
325g rolled oats

How to bake them

1. Preheat the oven to 180c/160c fan, and grease and line a 9x9inch deep square tin.
2. In a medium sized pan, put the butter sugar and syrup and melt on a low heat until smooth.
3. In a large bowl, add the rolled oats and pour on the melted butter/sugar/syrup and mix together.
4. Firmly press the mixture into the bottom of the tin and bake in the oven for 20-25 minutes or until it starts to get brown around the edges.
5. Once cooled, cut the flapjacks into little squares and take with you on your ride.

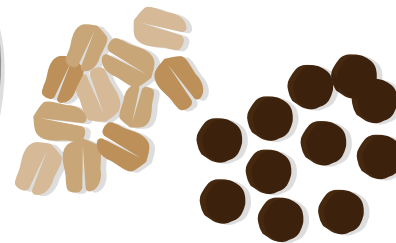
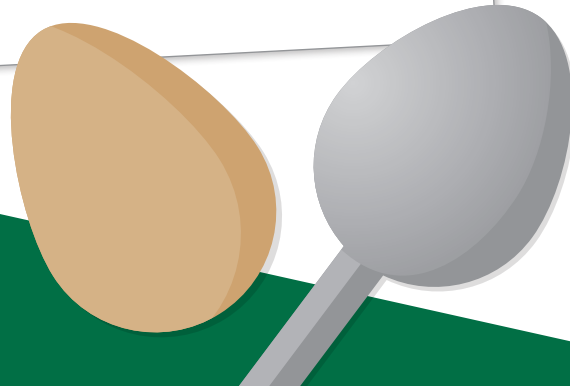
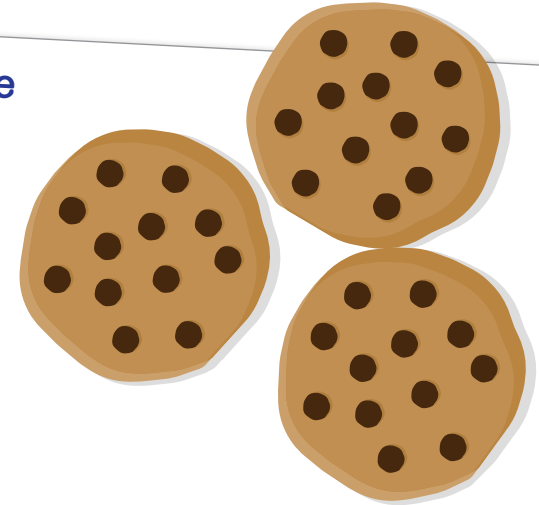
Cycling chocolate chip cookies

Scrumptious ingredients

100g softened butter
125g golden caster sugar
½ tsp vanilla extract
1 large egg (beaten)
150g self raising flour
100g chocolate chips

How to bake them

1. Preheat the oven to 190c/170c fan/Gas 5.
2. Lightly grease three baking trays with butter (or bake in batches if you have just one tray).
3. Add the butter and sugar into a mixing bowl and beat until evenly blended. Add the vanilla extract to the beaten egg and slowly add to the butter and sugar mix, beating well after each edition.
4. Mix in the flour and stir in the chocolate chips.
5. Spoon large teaspoons of the mixture onto the prepared baking trays leaving space inbetween for the cookies to spread.
6. Bake in pre-heated oven for 8-10 minutes or until golden.
7. Leave cookies to cool on the baking tray for a few minutes then carefully lift onto a cooling rack.
8. Pack them in your bag, ready to munch when you are out on your bike!



What do you know about bikes?

Can you match all the words to the right part of the bike?

@wearecyclinguk #BikeWeekUK

Mudguard

Saddle

Bell

Handlebars

Chain

Pedals

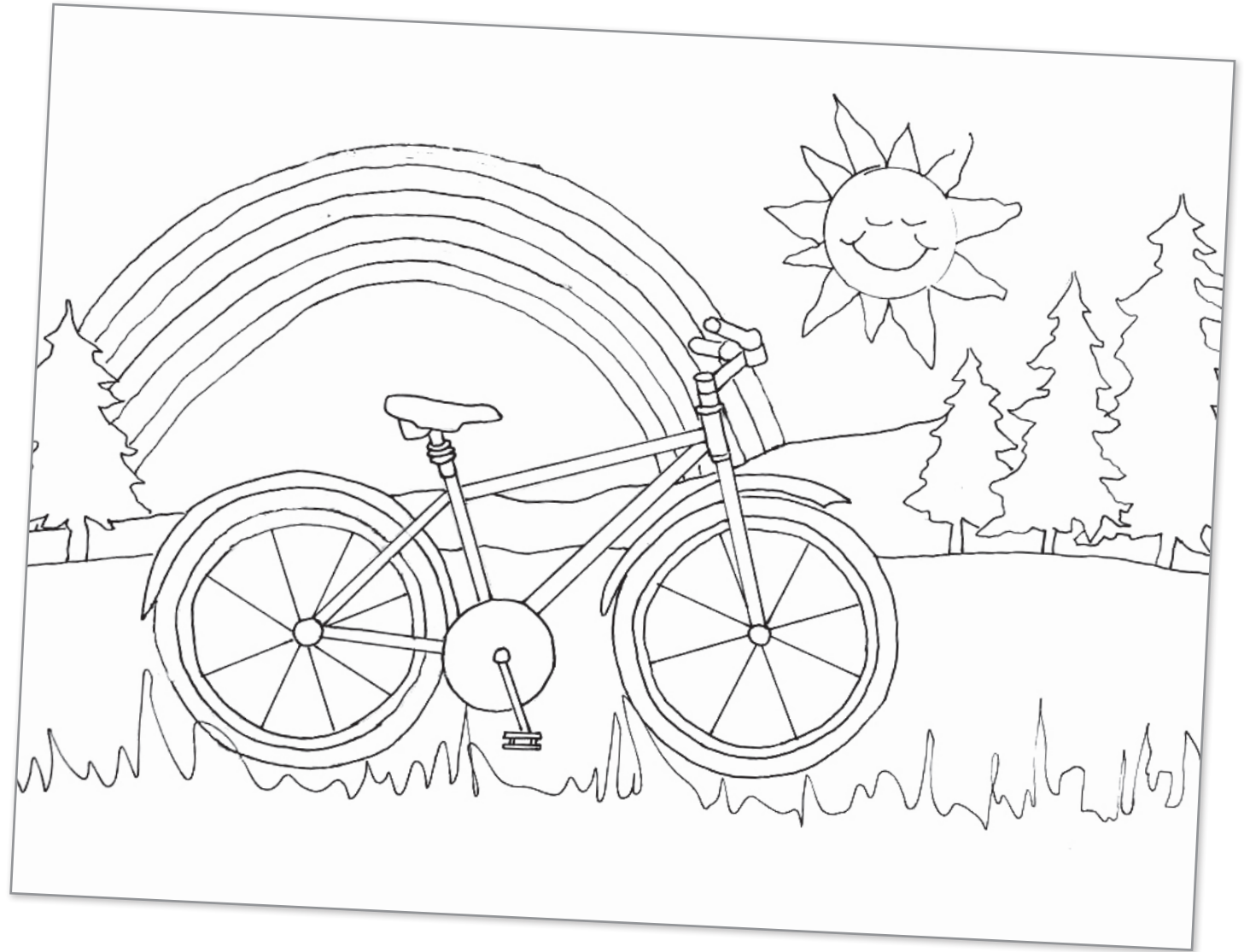
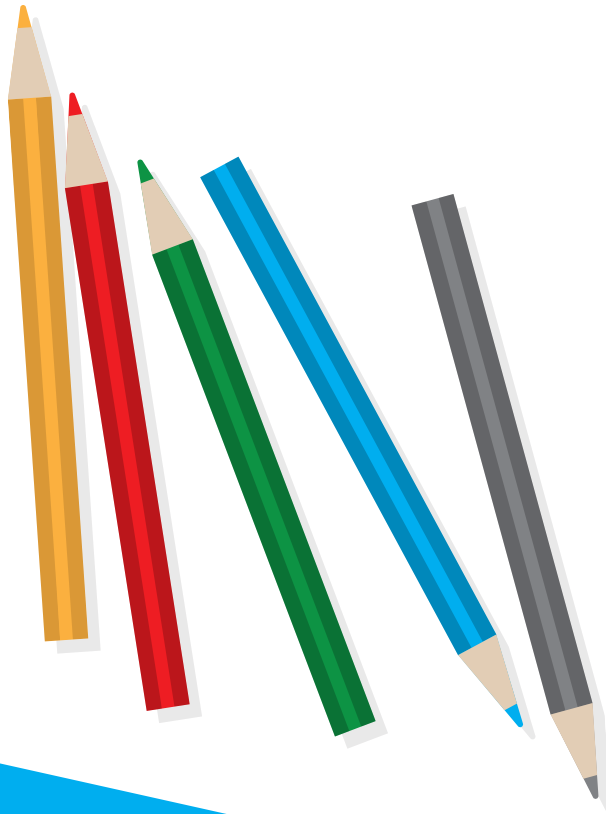
Wheel



Colour your own cycling picture

Colour in this brilliant bike picture, or draw your own. Be sure to send us a pic of your creations!

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Scavenger hunt

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



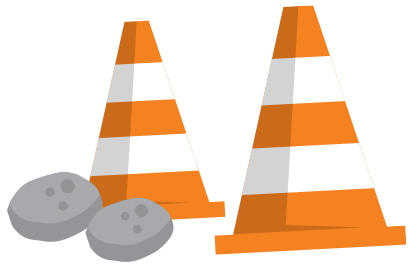
<input type="checkbox"/> Large stick	<input type="checkbox"/> Small stick	<input type="checkbox"/> Green leaf	<input type="checkbox"/> Rainbow in a house window	<input type="checkbox"/> Large pebble/stone
<input type="checkbox"/> Post box	<input type="checkbox"/> Tree	<input type="checkbox"/> Bird	<input type="checkbox"/> River/pond/canal	<input type="checkbox"/> Yellow flower
<input type="checkbox"/> Blue flower	<input type="checkbox"/> Duck	<input type="checkbox"/> Bee	<input type="checkbox"/> Lamppost	<input type="checkbox"/> Tree root
<input type="checkbox"/> Cat	<input type="checkbox"/> Dog	<input type="checkbox"/> Cloud	<input type="checkbox"/> Another bicycle	<input type="checkbox"/> Grass

Challenges page

How many of these cycling challenges can you do?

1

Test your bike skills. Why not line up cones or rocks and see if you can weave between and around them.



2

Set up a ramp or find a mound and practice cycling over it. Ask an adult to help you to make sure it's safe.



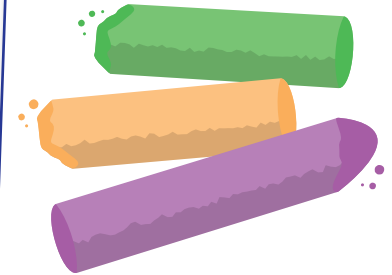
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Test those legs! Head to the steepest hill near you and see how far you can get up it without stopping.



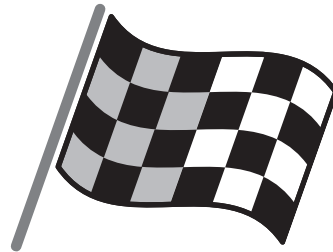
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Can you ride in a figure of 8? If you have pavement chalk ask an adult to mark it out.



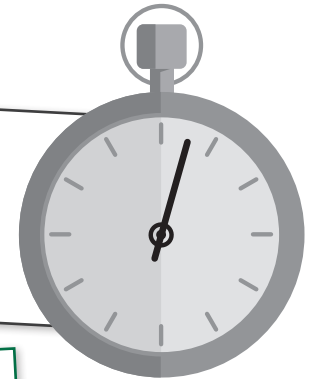
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Race those you live with. If you have pavement chalk, you can make this even more fun by creating lanes.



7

How slowly can you ride and keep in a straight line? Ask someone to time you.



8

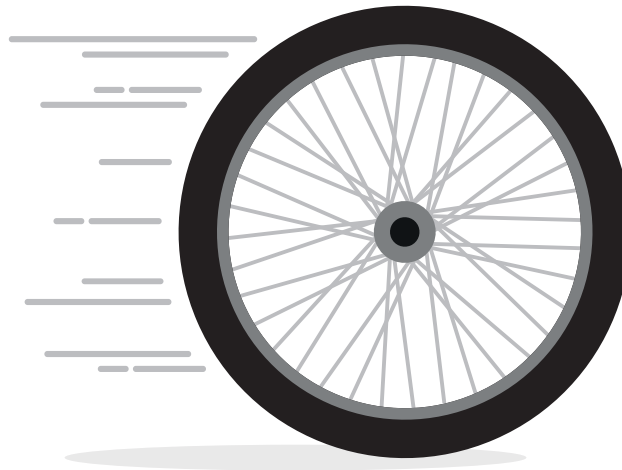
How long can you glide with your feet in the air?



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Have fun and keep riding...



6-14 June 2020

#7daysofcycling #BikeWeekUK

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