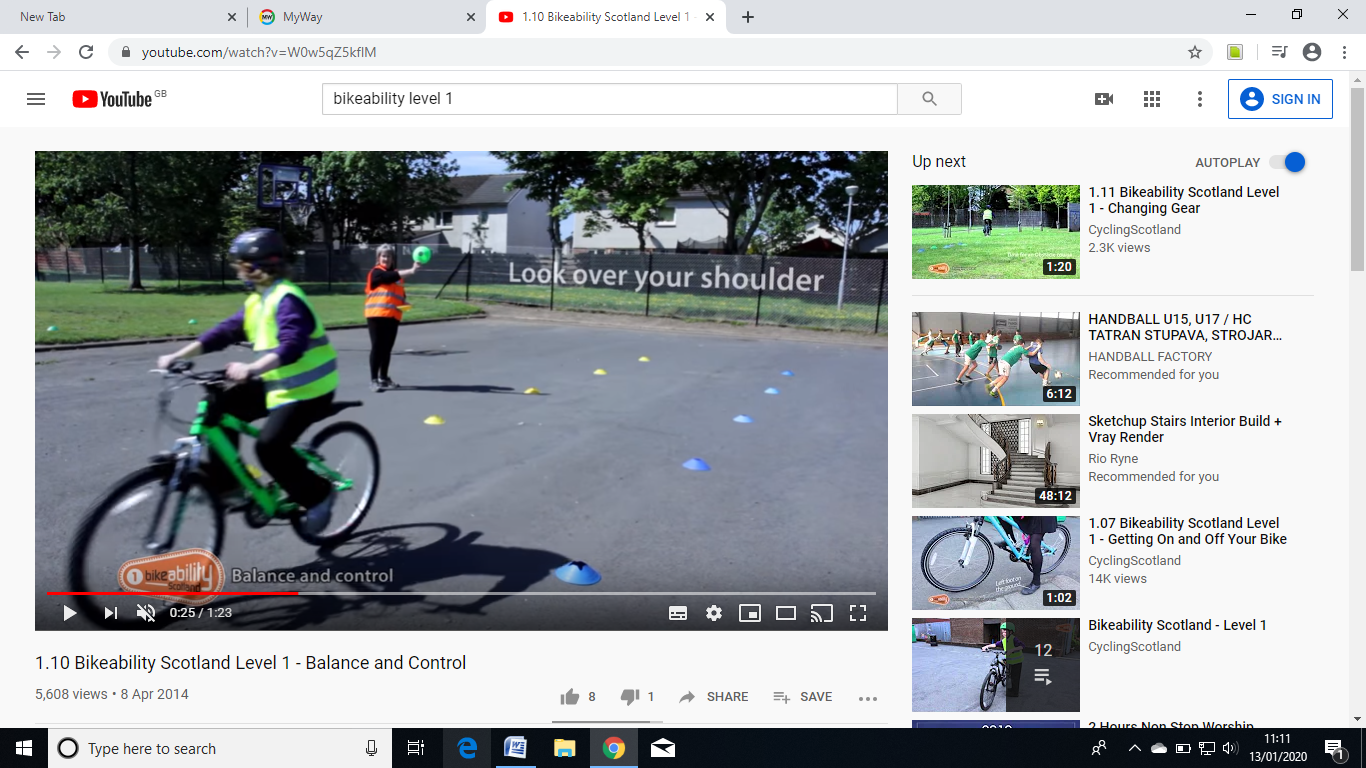
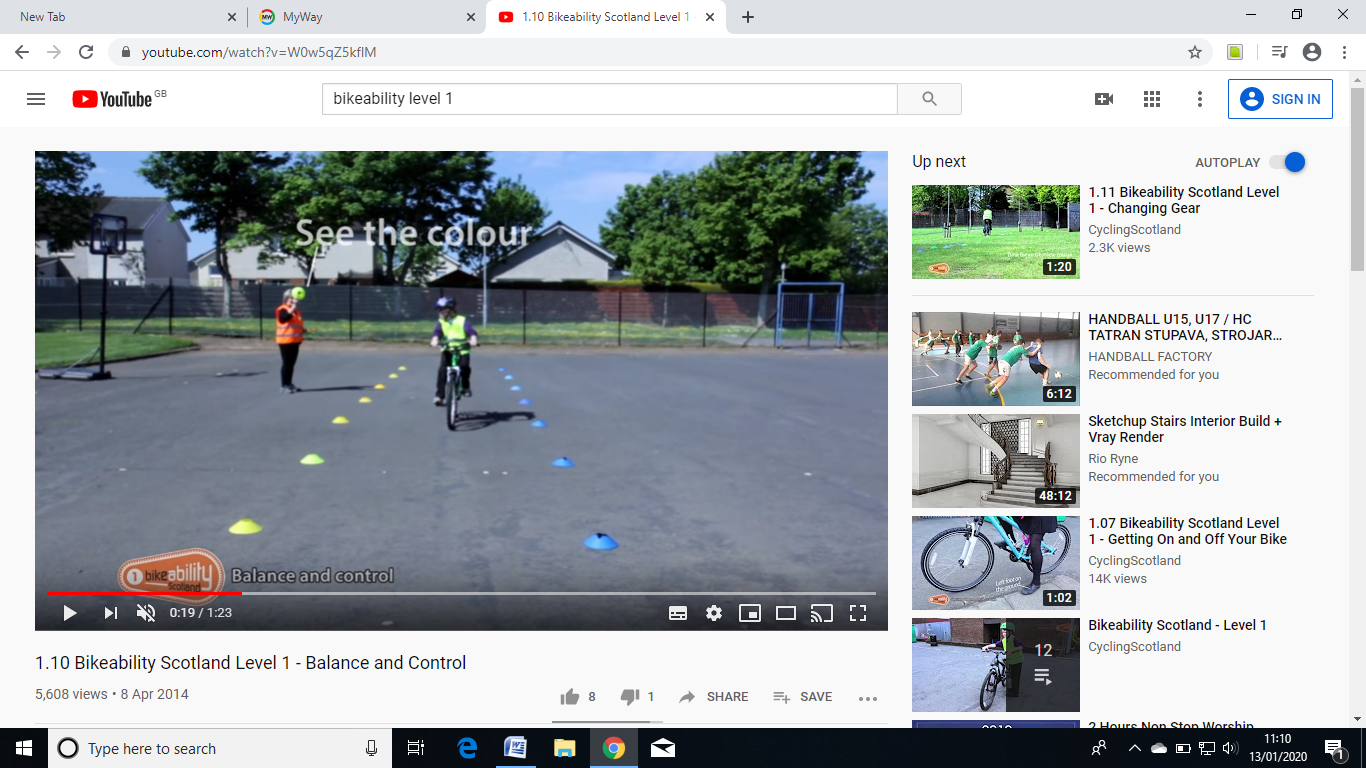
**Self-Isolation Bike Activity (1)**

**This session can be done as part of your one-a-day outdoor fitness/exercise activity**

**Have fun and be sure to check your bike and helmet before carrying out the activity or any others.**

**RAINBOW**

**DESCRIPTION**

* First, find a safe area to ride your bike in, i.e. cul-de-sac, open area or biking lines or a marked out area.
* Allow your parent/ guardian to stand away facing you with a selection of colored cones.
* Begin cycling towards and past your parent/ guardian. At this point they should hold a colored cone above their head.
* Turn your head to indicate and call out the colour of the cone.
* Return to the start and try again indicating a different colour.
* Try using number or math sums or spelling specific words to improve your balance and coordination on a bike.

