**Self-Isolation Bike Activity (2)**

**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.**

**THE FLOOR IS LAVA**

**DESCRIPTION**

* Mark out a distance of 4-5meters using cones, floor chalk or alternate household items.
* Begin at one end of the markers.
* When you’re ready, you are allowed 2 full turns using your pedals.
* After 2 full turns, stop turning your feet, and see how far you can glide.
* If you put your feet on the floor because you have lost your balance, you have fallen into the lava.

**Can you reach the end of your lane?**

If not, mark the floor with chalk or a cone. Try again and see if you can beat your previous distance! Good Luck!

