**Self-Isolation Bike Activity (3)**

**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.**

**HOOP STARS**

**DESCRIPTION**

* Mark out a circular area to ride either with chalk or cones or other household items and choose a starting point.
* In pairs, one partner will begin riding slowly holding the hoop until their partner (which could be a brother, sister or parent/guardian) gains balance and is able to hold the other side of the hoop (see diagram below).
* Once both riders have gained a good balance, begin holding the hoop with one hand.
* The aim of the activity is to hold the hoop together for as long as possible around the circle and through to the finish line.

**\*Caution please cycle at an appropriate speed for this activity- not too fast!\***

**PROGRESSION**

How many attempts can you make of passing the hoop/ cones back and forth to your partner before completing the course?

The pair with the most passes will win the task – compete against other family members.

**Beginners:** How long can you keep your hand raised while riding round the circle?

