

# Give it a Go Brownies Cycling badge



To gain your 'Give it a Go' cycling badge, you should try each of the following activities with the help from your unit leader or attend a local taster session with a qualified instructor. Please personalise the activities so that they are challenging to the individual.

Name and describe the key features of a bike.  
Name and discuss what protective gear is needed and why.  
Learn how to check if the bike is safe to ride.  
Create a poster on road safety and why it is important.

## 1 Activity 1 - On your bike

- Get on your bike.
- Cycle in a straight line from a starting point to a finishing point.
- Weave in and out of the cones to get to the other side.

## 2 Activity 2 - Water balloon pop

- Cycle over the water balloons and see how many you can burst in one ride around the circuit.
- Focus on accuracy and the speed of your bike when doing this activity.

## 3 Activity 3 - Race course

- Cycle around a race course set up by your unit leader or instructor.
- Time how long it takes you to complete.
- Complete the course 3 times to see if you can beat your original time.

### Health and safety

Members will need to provide their own bike/scooter and safety equipment.

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