

Give it a Go Rainbows 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 coach.

Research a famous cyclist and create a poster about them.
Name 2 important health and safety aspect when cycling.
Discuss what protective gear should you wear when cycling and why.

1 Activity 1 - Pool noodle limbo

- Your unit leader will hold the pool noodle up in the air.
- You must cycle underneath the pool noodle.
- Your unit leader will lower the noodle after each go making it harder.
- How low can you go?

2 Activity 2 - Cycle path

- With the use of chalk, create an obstacle course that you will then follow yourself on your bike.

3 Activity 3 - Obstacle course

- Complete an obstacle course that involves, weaving, moving forward, turning left and right, bending down on the bike and standing up.
- How fast can you complete the course in – can you beat your time?

Health and safety

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

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