

# TRAFFIC LIGHT BIKE RIDE

## EQUIPMENT:

Bike



## INSTRUCTIONS:

With your friends, all line up next to each other on your bikes. One person stands opposite in the distance.

When they say "Green Light" start riding. When they say "Red Light" all riders stop. If you are caught moving you go back to the start line.

Who can reach the finish line first?



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NORWICH  
SCHOOL SPORT PARTNERSHIP

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