

Week of Activity

20TH - 24TH MAY 2024

With Ford RideLondon-Essex fast approaching, we want to encourage children to take part in different cycling based activities each day, leading up to the weekend's events!

Monday



RideLondon X The Daily Mile

Get to know the Essex map and learn about the local area as you run the RideLondon-Essex route

Tuesday



Cycling Bingo

How many things can you find on your way to school tomorrow on the bingo sheet?

Wednesday



Wheelie Wednesday

Travel actively to school today, whether that be walking, running, cycling or scooting!

Thursday



Get Creative

Design your own cycle jersey using the template provided!

Friday



Fans Friday

Head outside and cheer on the riders if you're on or near the route!



Cheer on the cyclists for Ford RideLondon-Essex from 24th-26th May!

To find the route map and Week of Activity resources, scan the QR Code or visit: activeessex.org/ridelondon-essex/school-engagement/

Let's get Creative!

DESIGN YOUR OWN JERSEY



With Ford RideLondon-Essex just around the corner, get creative and design your own cycling jersey with your favourite colours, shapes and patterns!

