

BIKE WEEK ACTIVITIES!

8TH - 14TH JUNE 2026

During Bike Week 2026 we want to encourage children to take part in different cycling based activities each day to promote the joy of cycling (or wheeling)!

MONDAY
8TH

WELLBEING WORD WHEELER

Can you create a bike using words to describe what cycling means to you and how it makes you feel?

TUESDAY
9TH

ACTIVE TRAVEL JOURNAL

We want to hear about your cycle into school! Jot down what you saw, how far you travelled and if you practiced any skills!

WEDNESDAY
10TH

DRAW YOUR PERFECT CYCLING DAY

Get imaginative! What does your perfect cycling day look like?

THURSDAY
11TH

DESIGN YOUR OWN HELMET

Creative hats on! Design your own safety helmet and make it as crazy as you'd like!

FRIDAY
12TH

SPOT THE DIFFERENCE

Can you spot the correct ways of riding a bike safely?



#MOVE WITH US

ACTIVE TRAVEL WORD WEB

FREE ✨

CALM

STRONG

e.g. happy

Add words to the bike outline which describe how you feel when cycling, scooting or wheeling!

HAPPY 😊

BRAVE

#MOVE WITH US

ACTIVE TRAVEL JOURNAL

Throughout the week, write about your journey into school! Each day, you can jot down:

- What you enjoyed
- How far you travelled
- Anything interesting you spotted
- Any new skills you practiced such as steering around a corner or using your brakes.

HOW WAS YOUR CYCLE INTO SCHOOL TODAY? *(Circle Answer)*



#MOVE WITH US

DRAW YOUR PERFECT CYCLE RIDE

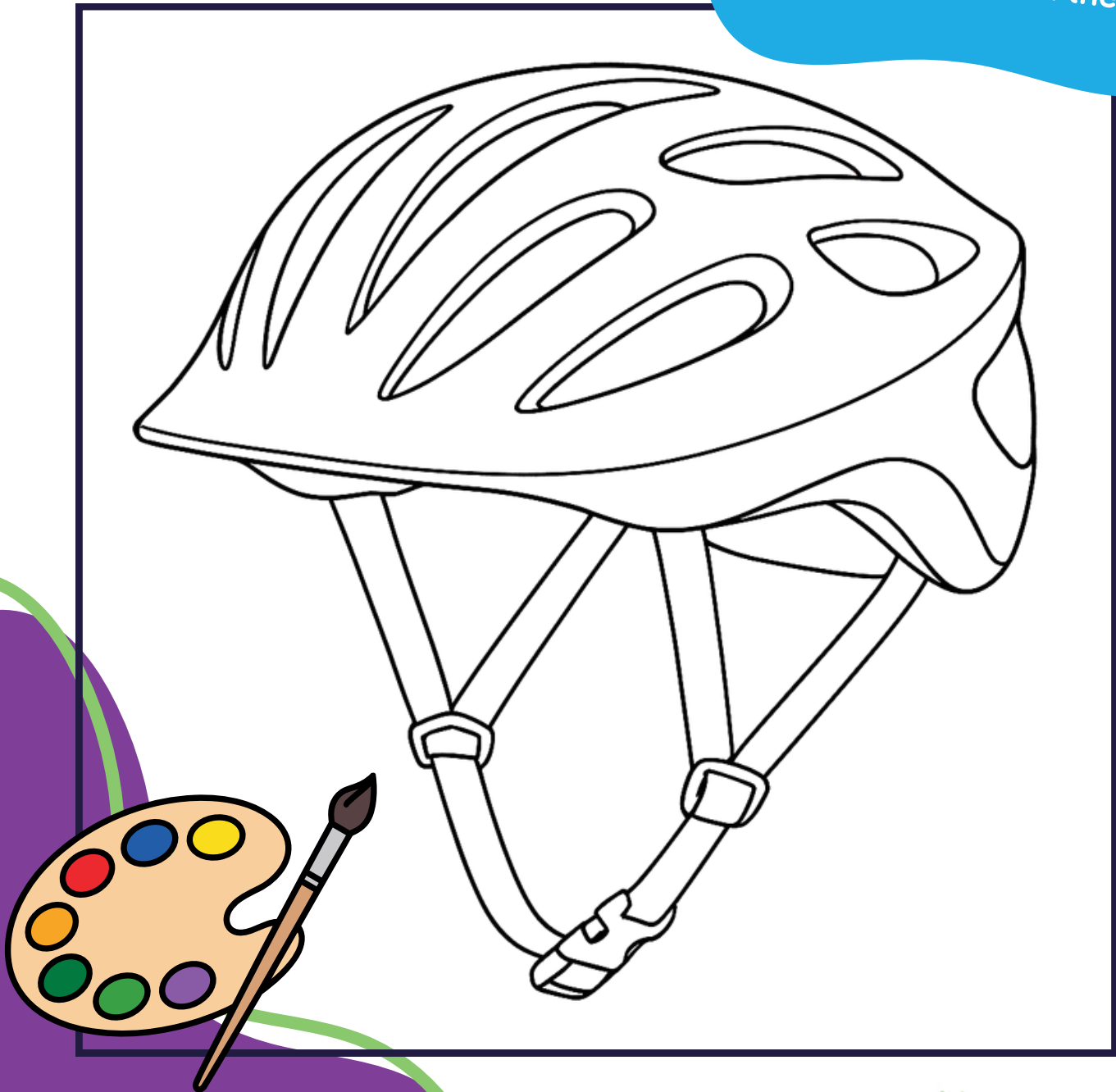
- Where would it be?
- Who would it be with?
- What would you see along the way?

Flip your page around so
it's landscape and you'll
have more room to draw!



DESIGN YOUR OWN BIKE HELMET!

Using the outline below,
design your own bike helmet.
Think of what colours might
help you stand out on the road!



SPOT THE DIFFERENCE!

#MOVEWITHUS



A.



B.



In the two images above, spot and circle as many key differences as you can that link to cycling safely!