

BRITISH CYCLING BINGO CARD PACK



British Cycling North East



British Cycling Newcastle Partnership



@BC_NorthEast



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WHAT YOU NEED:

Essential Items:

- **Bike of any kind**
- **Bingo card**
- **Paper and pens**
- **Water bottle**
- **Access to YouTube**



Non Essential Items:

- **Cones**
- **Ramps**
- **Phone/ Camera**

We advise that children should always ride with an adult unless they have permission to do these tasks on your own.



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HOW THE CARD WORKS:

It's very simple, every time you finish an activity you cross it off.

We advise that children should always ride with an adult unless you have permission to do these tasks on your own.

Please follow all guidance regarding staying local

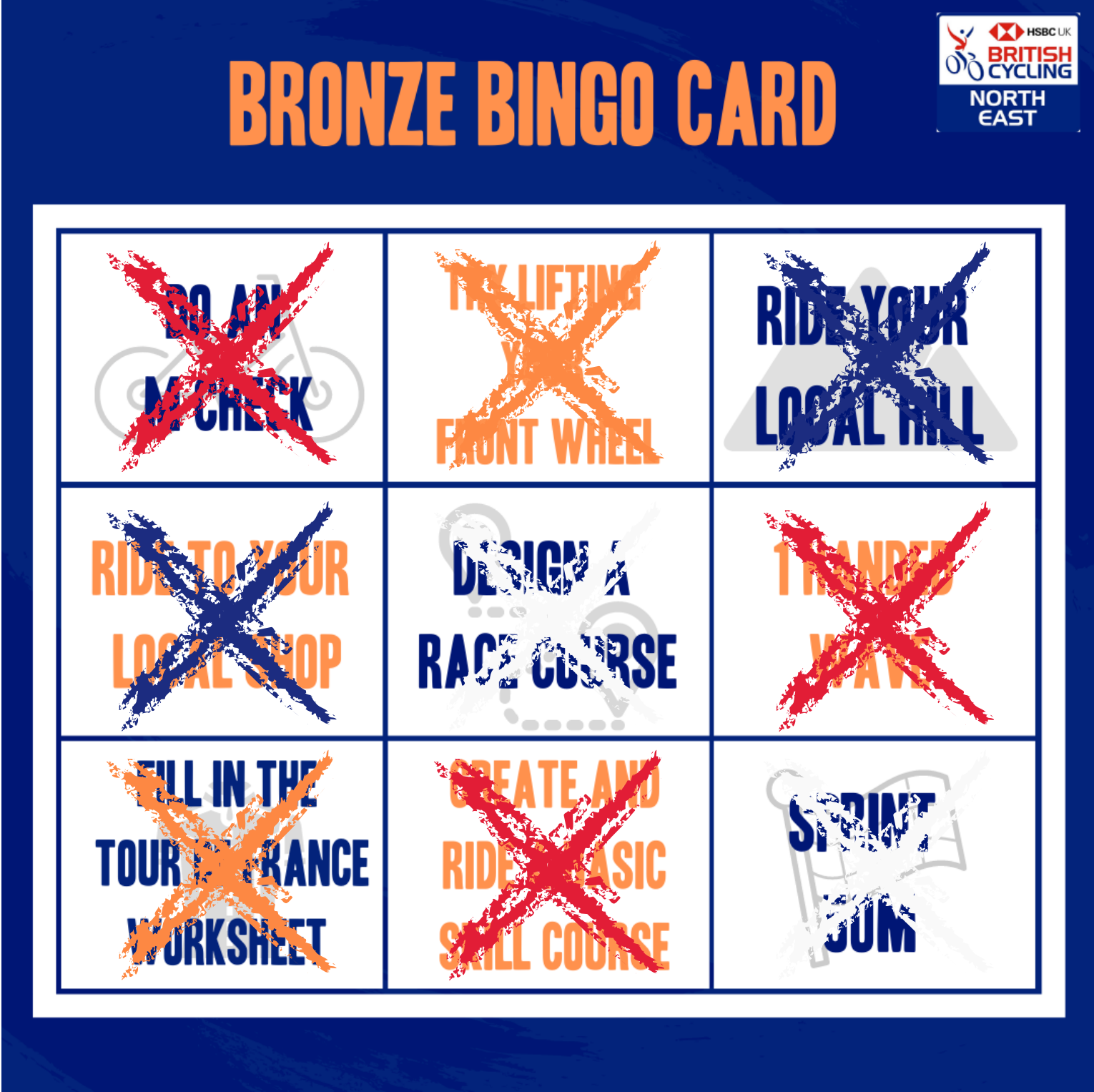
You can show us your work by #BCNEBikeBingo on Twitter, Instagram and Facebook or tag us in your photos.

Spot prizes can be won (entries through social media)

Once you've finished all the activities you have a full house and can move on to the next card.



There are 3 levels Bronze, Silver and Gold.

Each card has similar task but is slightly harder.



BRONZE BINGO CARD



 DO AN M CHECK	TRY LIFTING YOUR FRONT WHEEL	 RIDE YOUR LOCAL HILL
RIDE TO YOUR LOCAL SHOP	 DESIGN A RACE COURSE	1 HANDED WAVE
 FILL IN THE TOUR DE FRANCE WORKSHEET	CREATE AND RIDE A BASIC SKILL COURSE	 SPRINT 50M

#BCNEBIKEBINGO



THINGS THAT MIGHT HELP
YOU GET A FULL HOUSE

HELPFUL YOUTUBE LINKS

(CLICKABLE LINKS)

[How to do an M-Check](#)

[Tips for lifting your front
wheel](#)



TOUR DE FRANCE WORKSHEET

Colour in the 3 Tour De France jerseys and tell us what each jersey means?

YELLOW JERSEY



GREEN JERSEY



POLKA DOT JERSEY

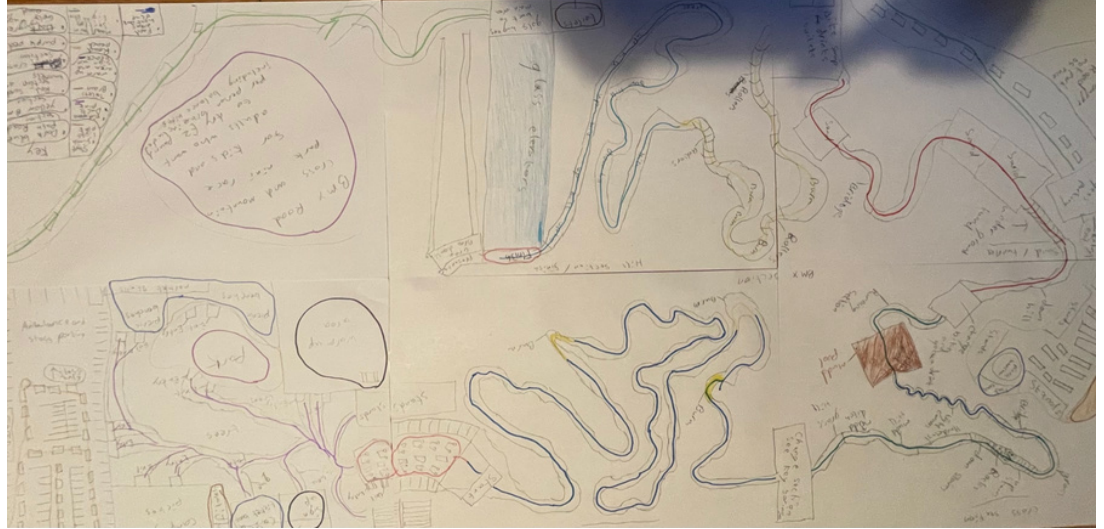




EXAMPLES FOR BRONZE CARD:

DESIGNING A ROUTE.

this is your time to get creative



RIDE TO THE TOP OF YOUR LOCAL HILL



DESIGNING A ROUTE.

this is your time to get creative



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SILVER BINGO CARD



 CLEAN YOUR BIKE	DO A MANUAL	 RIDE THE STEEPEST HILL IN YOUR LOCAL AREA
TELL US WHICH PODIUM POSITION ANNA KAY FINISH IN THE VIDEOS LINKED	 MAP OUT A ROUTE	GRAB A WATER BOTTLE
 RIDE A LAP OF YOUR LOCAL PARK	CREATE A SKILLS COURSE AND IT MUST INCLUDE 1 SLALOM	 SPRINT 50M OUT OF THE SADDLE

#BCNEBIKEBINGO



THINGS THAT MIGHT HELP YOU GET A FULL HOUSE

HELPFUL YOUTUBE LINKS

(CLICKABLE LINKS)

[How to clean your bike](#)

[How to do a manual](#)

[Anna Kay Video](#)

Women U23 2020 UCI Cyclo-cross World Championships in Dubendorf, Switzerland.
Task sheet is within the pdf.



ANNA KAY VIDEO TASK



Local rider Anna Kay competed in the Women's U23 2020 UCI Cyclo-cross World Championships in Dubendorf, Switzerland. What position did she finish?

Want to learn more about Anna's cycling journey [HERE](#)



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EXAMPLES FOR SILVER CARD:

GRAB A WATER BOTTLE



CREATE A SKILLS COURSE this is your time to get creative.



GOLD BINGO CARD



 CHANGE AN INNER TUBE	DO A WHEELIE	 RIDE YOUR LOCAL HILL 5 TIMES IN 1 RIDE
TELL US WHAT 3 MAIN SKILLS ARE INVOLVED IN AN TRACK ELIMINATION RACE	 RIDE THE ROUTE YOU HAVE MAPPED OUT	CAN YOU RIDE WITH NO HANDS
 RIDE TO YOUR LOCAL LANDMARK	CREATE A SKILLS COURSE AND HAVE 1 SLALOM, 1 DROP AND 1 LIFT	 SPRINT 50M FROM A DEAD MAN START



THINGS THAT MIGHT HELP YOU GET A FULL HOUSE

HELPFUL YOUTUBE LINKS

.(CLICKABLE LINKS)

[How to do a wheelie](#)

[How to change an inner tube](#)

[Track Elimination Race](#)

[Task sheet is within the pdf](#)



#BCNEBIKEBINGO

TRACK ELIMINATION TASK

What are the 3 main skills involved in a track elimination race?





RESOURCES:

Inner Tube youtube link - <https://www.youtube.com/watch?v=2GNqTHVp6RU>

How to do a wheelie - <https://www.youtube.com/watch?v=Uz2VpBemp20>

Anna Kay Video - https://www.youtube.com/watch?v=lcjWr_M_dj0

How to do a manual - <https://www.youtube.com/watch?v=NkWnV4RDzkU>

How to clean your bike - <https://www.youtube.com/watch?v=Hw3GwioTuT0>

Tips for lifting your front wheel - https://www.youtube.com/watch?v=TTXncL71jqY&fbclid=IwAR3oSmW1kliLvL_iSRIhPDGNjYMDnfDLOoiag_Hz7Nn2PcOCfxJwUY6u9dE

How to do an M check - <https://www.youtube.com/watch?v=u0dtGe-LrcQ>

Track Elimination Video - <https://www.youtube.com/watch?v=9SPRxRNW9xc&feature=youtu.be>



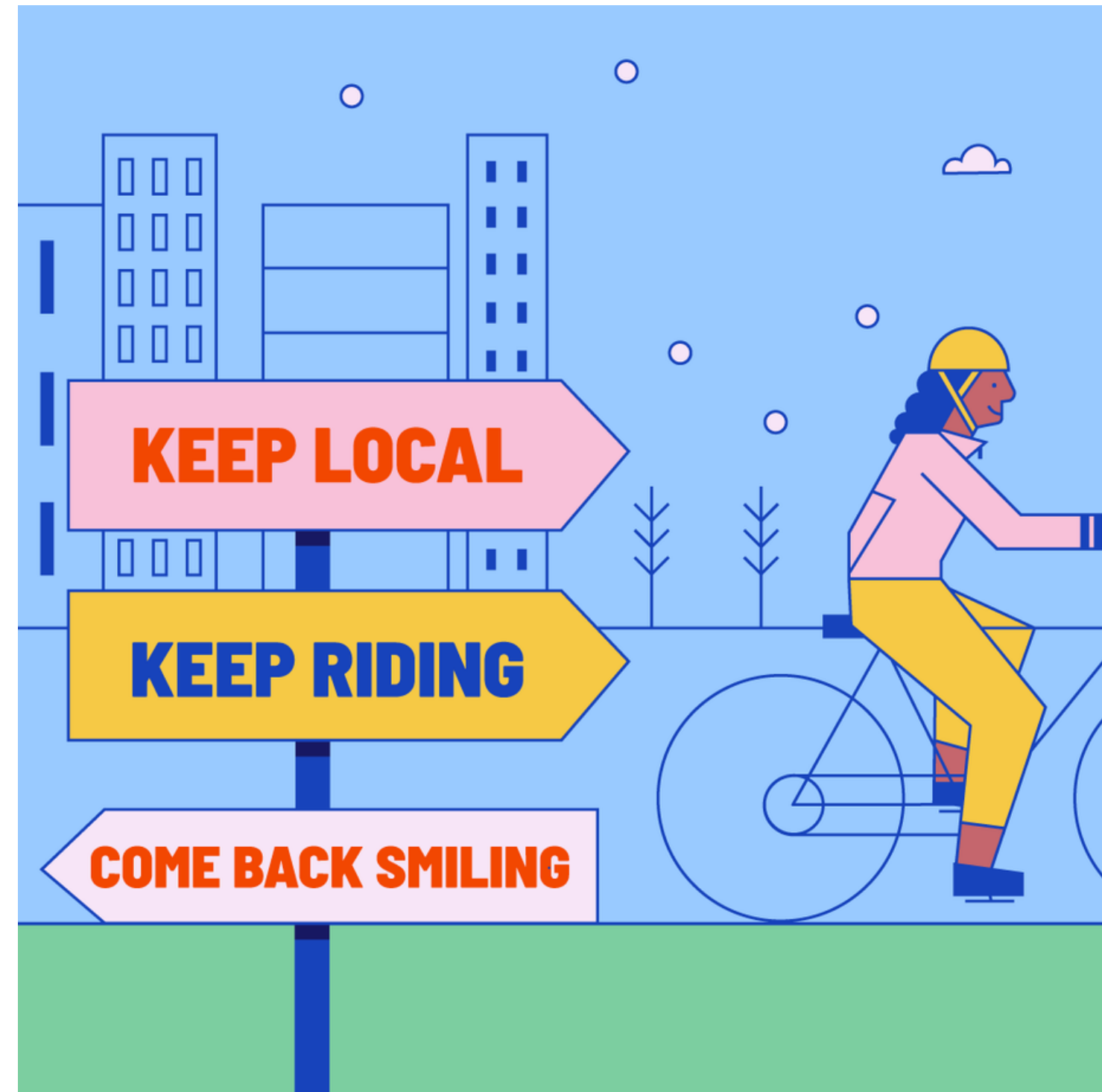
FUTHER GUIDANCE:

COVID-19 F&Q -

<https://www.britishcycling.org.uk/about/article/20200512-about-bc-news-British-Cycling-Updated-Coronavirus-Guidance-0>

Remember to keep local and ride alone, with your household/bubble or with one other person.

We advise that children should always ride with an adult unless you have permission to do these tasks on your own.



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