



BIKE WEEK IN A BOX


BikeWeek

 **CYCLING
IRELAND**

COMHPHÁIRTÍOCHT
**SPÓIRT
UÍBH FHAILÍ**
— SPÓRT ÉIREANN —



Cycling Ireland is partnering with Local Sports Partnerships to bring cycling into schools. We want to encourage kids to learn about cycling, get on their bike, and have fun.

When to use the toolkit?

Bike Week takes place every year during May but this toolkit can be used at anytime during the school year at the schools discretion..

Who is it for?

Bike Week in a Box is an easy-to-follow, practical guide for schools and teachers who want to celebrate cycling through fun, engaging in-class and yard activities.

Do I need any prior cycling experience?

No! This guide is designed to be as user friendly as possible for people with no prior cycling experience.

Do I have to plan a week of activities?

No. You can take as much as you want from this guide. You could run an hour, a day or a week of activities.

What are the benefits of participating?

The aim is for the children to have fun, learn something new about cycling, make positive associations with the activity and hopefully encourage them to cycle to school or cycle more often.

PLAN YOUR BIKE WEEK

Quick planning sheets

Bike week lead teacher:

Supporting staff/ SNAs:

Student helpers:*

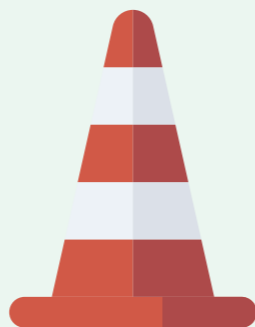
SAFETY & LOGISTICS – QUICK CHECKS

Tick what you've sorted:

- Yard/ grass checked for holes, mud, glass
- Bike areas marked out and kept separate from general play
- Safe place for bikes & scooters during the day
- First aid and supervision in line with school policy
- Simple rules agreed (helmets on, ride only in marked areas)
- Plan for pupils without bikes (helpers, marshals, photographers)

EQUIPMENT YOU'LL NEED

- Cones or markers
- Chalk or tape for lines
- Whistle or bell
- Chequered flag/ bright cloth
- Anything else (bunting, stopwatches, hi-vis vests) is a bonus, not essential.



* Helpers can set up cones, move bikes, count laps, wave flags, etc.

THE WEEK AT A GLANCE

				
Monday: <ul style="list-style-type: none"> • Launch • Bike census 	Tuesday: <ul style="list-style-type: none"> • Yard skills • Slow bike challenges 	Wednesday: <ul style="list-style-type: none"> • Art/ photo • Classroom project 	Thursday: <ul style="list-style-type: none"> • Active travel • Yard games/ practice 	Friday: <ul style="list-style-type: none"> • Grass track cycle/ yard velodrome • Awards

CONTACT DETAILS

Local Sports Partnership:

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Local Cycle Right Tutors:

<https://www.cycleright.ie/providers/>

Local Cycling Clubs:

Daingean Grand Canal Wheelers
Edenderry 905
Lynx Cycling Club, Ferbane
Tullamore Cycling & Touring Club
Wolftrap Cycling Club, Birr

BIKE WEEK


BikeWeek

 CYCLING
IRELAND

MONDAY

LAUNCH & BIKE CENSUS

Aim: Kick off Bike Week, find out who has bikes and how pupils travel to school.

SHORT LAUNCH

10–15 mins

Tell pupils:

- This week is Bike Week in a Box
- Cycling is fun, healthy and good for the planet
- There'll be bike games, art and a special Friday event

BIKE CENSUS

5–10 mins

Hands up/ tally on the board:

- Who owns a bike?
- Who walked, cycled or scooted today?
- Who can bring a bike later in the week?
- Keep this as your starting snapshot

OPTIONAL CLASS PLEDGE

5–10 mins

- Each class makes a simple promise, e.g:
 - "We'll try to walk, cycle or scoot more this week."
 - "We'll follow the bike safety rules in the yard."
- Stick these up as Bike Week Pledges



TUESDAY

YARD SKILLS & SLOW BIKE CHALLENGES

Aim: Practise basic bike control in a fun, safe way.

SET-UP

- Mark a straight line or small loop with cones/ chalk
- Clear start/ finish line
- Helmets on for all riders

CORE ACTIVITIES

30–40 mins

1. ABC Check (5 mins).

- Air (tyres firm)
- Brakes working
- Chain turning

2. Follow the Leader* (10–15 mins).

- Single file around the course
- Look ahead, gentle braking, keep spacing

3. Slow Bike Race* (10–15 mins).

- Short distance – slowest rider who keeps moving wins
- No feet down, no bumping

ADAPTATIONS

For younger classes – very short course, fewer riders, balance bikes/scooters allowed

For older/confident classes – add a gentle slalom or “stop in the box” task

No bike? Pupils can be:

- Timekeepers Flag wavers
- Lap counters/ marshals

WET-WEATHER BACK-UP

Hall/ classroom

IF THE YARD IS UNUSABLE:

- **Helmet relay** – teams race to fit a helmet correctly and back
- **ABC demo** on one bike at the front
- **Signals game** – pupils walk a taped line and respond to “left/right/stop” commands



* Game explained in additional materials.

WEDNESDAY

ART, PHOTO & CLASSROOM PROJECT

Aim: Get every pupil involved in Bike Week, even if they don't ride.

ART ACTIVITY

Pick a simple theme, for example:

- “My Dream Bike”
- “Bike Week Superhero”
- “Cycling in Our Community”

Pupils:

- Draw/ paint a picture or poster
- Optional: add a short slogan (e.g. “Be Bright, Be Seen”)
- Create a Bike Week Gallery in the corridor or hall.

QUICK CLASSROOM PROJECT

Especially seniors

Choose one:

- **Safety poster** – e.g. helmets, lights, 1.5m passing
- **Irish cyclist fact file** – one rider per group (example: Lara Gillespie, Ben Healy, Rónán Dunne, Oisín O’Callaghan)
- **Bike of the Future** – draw and label a bike from the future!



THURSDAY

ACTIVE TRAVEL & PRACTICE DAY

Aim: Highlight active travel and prep for Friday.

- **Active travel count** (morning)
- **Tally:** walked/ cycled/ scooted/ bus/ car.
- **Compare with Monday** (if done).
- Find out if there is a cycle bus in your area. (Network map in additional resources).

YARD VELODROME

Dry day

- Simple oval marked with cones/chalk.
- Ride single file, steady speed, call “stopping/slow”.
- Game Time! - What’s the time Mr Fox.

Teacher note:

Use today to see who needs extra support tomorrow, and who might prefer helper roles (flags, laps, announcements).

WET-WEATHER BACK-UP

In class

Journey to school

- Pupils draw their route to school.
- Mark good bits (paths, crossings) and tricky bits (busy roads).

In hall

Start/Stop/Signal relay (or Name the Bike Parts Game)

- Simple relay around cones.
- Teacher calls: GO/ STOP/ LOOK BACK/ SIGNAL LEFT/ SIGNAL RIGHT.
- Teams copy the actions (on foot), practising looking back and signalling.



FRIDAY

EVENT DAY

GRASS TRACK/ YARD VELODROME & WRAP-UP

Aim: Finish Bike Week with a fun event that feels special and includes everyone.

TRACK SET-UP

Grass or yard

- Mark a simple oval or rectangle with cones/ tape or chalk. Short laps (1–2 per race).
- One clear start/finish line.
- Quick surface check for holes, mud, glass.

OPTION A

Simple race format

Class Heats.

- 6–8 riders at a time, 1–2 laps.
- Race by class or small groups.
- Helmets on.
- No pushing/ bumping/ inside overtakes.
- If someone falls – all stop and wait for an adult.

Optional:

- Small prizes for 1st/2nd/3rd, plus fun awards like “Best Helper”/ “Most Encouraging Rider”.

OPTION B

Games instead of races

If staff prefer no formal racing, use games on the same track: Game examples are included in the resources.



FRIDAY (Continued)

EVENT DAY

GRASS TRACK/ YARD VELODROME & WRAP-UP

Aim: Finish Bike Week with a fun event that feels special and includes everyone.

ROLES FOR NON-RIDERS

Give non-riders important jobs:

- Flag wavers/ starters
- Lap counters/ timekeepers
- “Mini officials” with clipboards/ bibs
- Photographers/ announcers

CLOSING BIKE WEEK

Hand out:

- Art/ photo/ project prizes
- Fun awards (Bike Week Hero, Best Team-Mate, Super Helper).

Ask classes:

- “What was your favourite part of Bike Week?” “What would you like to do again next year?”

At the end of the day (or Monday morning):

- Say thank you to pupils, staff, parents and any LSP/ Cycle Right/ club support.

WET-WEATHER BACK-UP

Hall/ large space

INDOOR BIKE WEEK GAMES

If the yard is unusable:

- Off-bike games are included in the resource section.
- Still a Bike Week finale, just without bikes.



BIKE GAMES

GAMES

FOLLOW THE LEADER

As it says on the tin - set off on a ride and ask your riders to follow you.

YOU'LL NEED:

- Bikes.
- An area with lots of opportunities to practice manoeuvring a bike. Trees, park benches, etc., can all be used as impromptu obstacles or slalom gates. Be creative and have fun exploring your local area. Alternatively you can play this game on any reasonably flat area with a load of cones spread randomly about.

TIPS & RULES

A group of 8-10 riders works well. If you put the least confident riders at the front of the line you are less likely to lose them.

VARIATIONS OF THE GAME

You can get each rider to lead the ride. Ask them to make the route as challenging as possible. If someone puts a foot down you can get them to drop to the back of the line or eliminate them.



SAFETY!

Brief your group to keep a safe distance from the bike in front. They must always have adequate braking distance.

NOTES

Try riding a figure of eight course as this lets you see how your riders deal with crossing the path of other people on cycles. It also makes it easier for you to keep an eye on them. With bigger groups, keep the speed slow so you don't risk losing riders off the back.

GAMES

SLOW RACE

Last one to finish is the winner!

YOU'LL NEED:

- Bikes.
- Cones or chalk to mark the start and finish lines and lanes.

TIPS & RULES

Riders set off at the same time. They must pedal and keep moving forward at all times.

Putting a foot down means elimination. Last one to the finish is the winner.

VARIATIONS OF THE GAME

Place obstacles on the course such as cones or hoops that must be ridden around.

Get riders to do a U-turn and return to the start, which then becomes the finish.

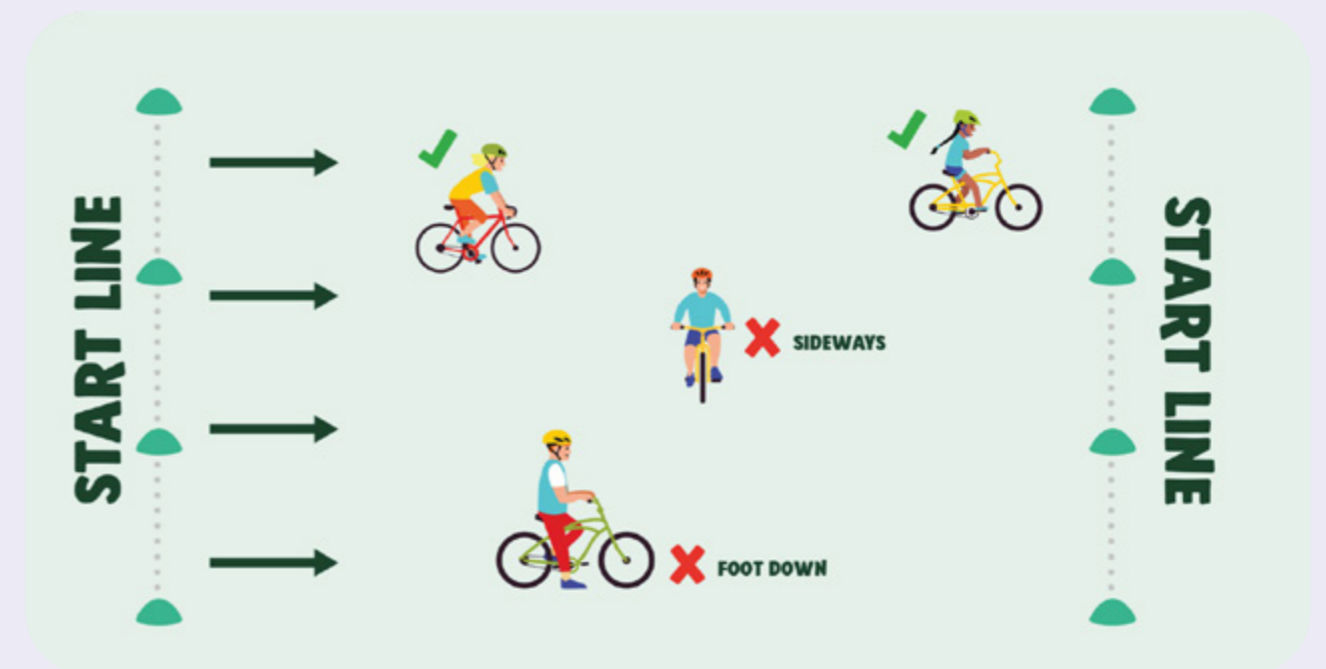
Add other cones along the course or lane at which point you can ask each participant to complete a task (signal left/right or look behind, etc.).

SAFETY!

Expect lots of wobbling! Though the emphasis is on control rather than speed, accidents can still happen, so make sure riders are spaced apart widely enough to prevent collisions. You could use cones to mark out individual lanes. Anyone leaving their lane is disqualified.

NOTES

- You can also include riders who can't cycle yet.
- Let them scoot along and balance (making sure you relax the foot down rule).



GAMES

WHAT'S THE TIME, MR. FOX?

A fun way to teach riders the use of their brakes.

TIPS & RULES

One pupil takes the role of Mr. Fox and stands with their back to the riders. The other riders line up on their bikes at the opposite end of the games area.

The riders shout out, **“What’s the time, Mr. Fox?”** His reply will determine how many pedal strokes the riders can take.

For example, if he says “Two o’clock”, they can advance two pedal strokes. They must come to a stop and repeat the question. If Mr. Fox replies, “Dinner time!” it means he is going to try to tag one of them so the riders have to try to escape.

Continue the game until there is only one rider left.



YOU’LL NEED

- A large, flat area.
- Bikes.

VARIATIONS OF THE GAME

If unsure about riders’ confidence, get them to play the game on foot first.

SAFETY

There is potential for collisions. Make sure the play area is big enough, or reduce the number of riders per game.

NOTES

To discourage collisions, maybe disqualify any riders who cause one.

GAMES

NAME THE PARTS

A simple challenge to identify various parts of the bike.

YOU’LL NEED

- A set of flash cards with names of bike parts - supplied in the additional resources for printing.
- A bike.

VARIATIONS OF THE GAME

Play the game as a free-for-all - you show one flash card at a time with the first hand up getting the chance to answer. Ditch the flash cards and simply call out the names of different bike parts for the riders to point to. Play ‘Bike Twister’ – get the riders to stand up one at a time and place a hand on a part of the bike they can name. Once all riders have one hand on the bike, get them to use their other hands to name a different part. The game could be used as a warm up exercise – have the flash cards at one end of the playground and the bike at the other. Riders have to run to the bike and match the card to the part.



TIPS & RULES

Have the riders sit around a stationary bike. One rider at a time picks a flash card at random and has to match it to the correct bike part. Once matched correctly, the rider has to explain the function of that bike part.

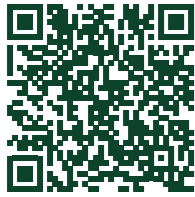
SAFETY

If you use the game as a warm up exercise don’t let riders run too fast.

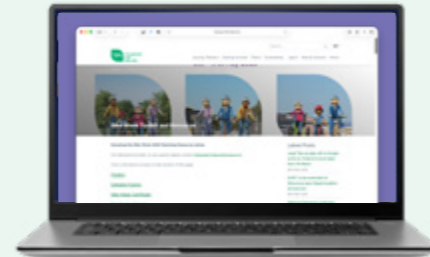
NOTES

Repeat and explain all new vocabulary

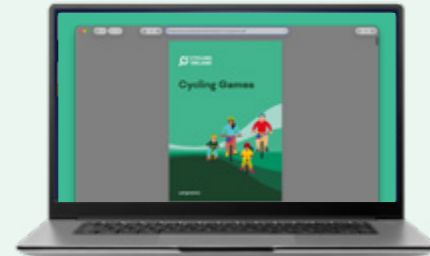
RESOURCES



**BIKE WEEK
RESOURCES**



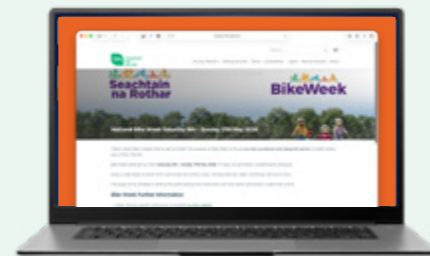
**CYCLING IRELAND
- ADDITIONAL
CYCLING GAMES**



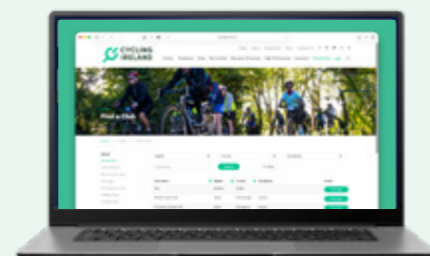
**CYCLE BUS
NETWORK MAP**



**FIND BIKE WEEK
EVENTS IN
YOUR AREA**



**FIND A CLUB
NEAR YOU**



BIKE STARS



SAM BENNETT

SPRINT STAR!

From: Carrick-on-Suir, County Tipperary

Born: 16th October 1990

Discipline: Road – Sprinter



Who is he?

Sam is one of the fastest sprinters in the world. He's famous for exploding out of the bunch in the last 200 metres of a race.

Big highlights:

- Won the green points jersey at the Tour de France 2020
- Won two Tour de France stages, including the big finish on the Champs-Élysées in Paris
- Has also won stages in the Giro d'Italia and Vuelta a España

Did you know?

Sam grew up in the same town as Sean Kelly, another Irish cycling legend.

Watch

Sam Bennet wins on The Champs-Élysées in Paris.



LARA GILLESPIE

WORLD TRACK CHAMPION!

From: Enniskerry, County Wicklow

Born: 21st April 2001

Disciplines: Track & Road Cycling

Who is she?

Lara is Ireland's first ever female track cycling world champion and one of the brightest shining stars in professional female cycling. She races on the velodrome and also rides on the road and in cyclo-cross.

Big highlights:

World Champion 2025 in the elimination race on the track

- Also European Champion in the same event
- Has won multiple medals at European and World level as a junior and U23

Did you know?

In the elimination race, the last rider over the line each lap is out – so you have to be clever and fast.

Watch

Lara winning her World Champion title.



RÓNÁN DUNNE

DOWNHILL WORLD CUP WINNER

From: Ballyorney, County Wicklow

Born: 22nd November 2002

Discipline: Mountain Bike – Downhill

Who is he?

Rónán is part of a new wave of Irish riders at the very top of downhill mountain biking.

Big highlights:

- Won a UCI Downhill World Cup round – the 2nd Irish rider ever to do this
- Winner of Red Bull Hardline (one of the toughest downhill races in the world)
- Finished 4th overall in the World Cup series and has a World Championship bronze medal

Did you know?

Downhill riders race one at a time against the clock, over huge jumps, rocks and drops.

Watch

Rónán winning the 2025 DH World Cup in Les Gets, France.



RICHAEL TIMOTHY



PARA-CYCLIST FROM ROSCOMMON

From: Ballymoe on the Roscommon & Galway Border

Born: 27th April 1994

Discipline: Road and Track Cycling

Who is she?

- Richael is an Irish para-cyclist who rides for Ireland on the track and road.
- Before cycling, she was a serious Gaelic footballer for Roscommon and played international soccer for Ireland U15 & U17.
- After a rare medical condition and treatment left her with an acquired brain injury and reduced power in her left leg, she turned to para-cycling and climbed all the way to the Paralympic Games.

Watch

Richael Timothy tells her story.



Big highlights:

- Joined the Irish para-cycling squad in 2018 and quickly made the national team.
- Represented Ireland at Tokyo 2020 and Paris 2024 Paralympic Games (track & road).
- Won World Championship medals on the track in the Women's C3 category (multiple bronzes).

Did you know?

- Before her injury, Richael played county football for Roscommon and international soccer with future Ireland captain Katie McCabe.
- Cycling helped her regain mobility and stay active when walking long distances became difficult.
- She is also a qualified sports scientist, continuing to study and work alongside training.



SEAN KELLY

'KING KELLY' – CLASSICS LEGEND

From: Carrick-on-Suir, Co. Tipperary

Born: 24 May 1956

Discipline: Road



Who is he?

Sean Kelly is one of the greatest Classics riders of all time and one of Ireland's most famous cyclists.

Big highlights:

- Won the Vuelta a España (a Grand Tour) in 1988
- Won nine Monument Classics, including Paris–Roubaix and Milan–San Remo
- Won Paris–Nice seven years in a row
- Won the Green Jersey in the Tour de France four times

Did you know?

Sean grew up on a farm and first raced on heavy, old bikes, long before fancy carbon fibre frames existed.

Watch

Sean Kelly receives lifetime achievement award



BIKE PARTS



CRANK SET



SADDLE



HANDLEBAR



BELL



REAR DERAILLEUR



FRONT DERAILLEUR



BRAKE LEVER



BRAKE CALIPERS



GEAR SHIFTER



REAR SPROCKET



WHEEL



TYRE

BIKE WEEK PLEDGES

Choose one or more pledges below:

- Cycle to school every day
- Swap one car journey for cycling
- Cycle with your friend
- Discover somewhere new on a cycle
- Go to a local bike week event



BikeWeek

I HEREBY PLEDGE TO:

SIGNED:

BikeWeek

I HEREBY PLEDGE TO:

SIGNED:

BikeWeek

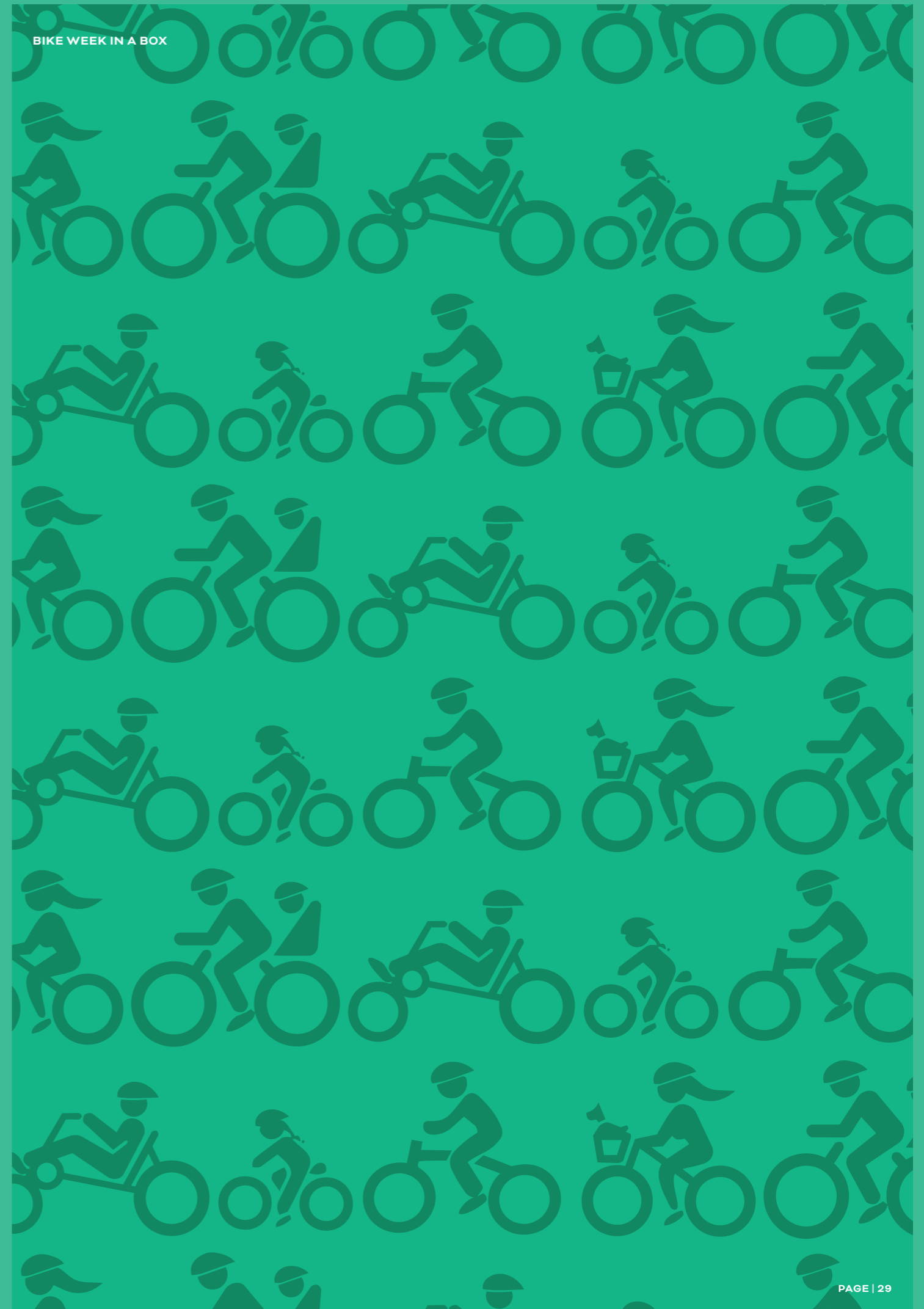
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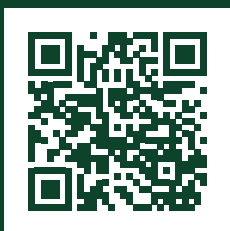
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