



# COMMONWEALTH GAMES CHALLENGE

## WEEK 7 – CYCLING

**Mark out a circuit with cones which can be used for all the riders.**

**Riders compete in teams, set the length of the race (based on the number of riders in the team).**

**The first rider from each team rides one lap of the course, dismounts and runs with the bike to the last team member in the line and tags them.**

**Each team member tags the rider in front, when the front rider is tagged, they go!**

**The first team to have all riders complete the course are the winners!**

