



Traffic Lights

Game overview

Students listen and follow the teacher's callout instructions: stopping, slowing down or riding.

Learning Focus

This game builds listening, reaction time, and bike control in a fun, active way. It helps students practise quick thinking and following safety signals – just like they would on real roads or paths.

What you need

- Bikes (or scooters)
- Helmets



Game Type:

Listen and react

Time

5–15 mins

Play area

Court or field

Group size

Class size or smaller



Safety Checks

- Keep speed in check - this is not a speed race
- Use a larger space if students are less confident or it is a large group

Variations

Once students are confident, add in road safety actions:



Student Leader Opportunity

Select students to take turns being the caller.



How to Play

1. Students ride around freely within the play area
2. Leader calls out traffic light signals at random
3. After a few combinations of Red, Orange and Green Light callouts ADD ON the game variations

Command	Action
Red Light	Stop immediately
Orange Light	Slow riding
Green Light	Ride as normal
Rainbow	Keep riding, say "Rainbow! Rainbow! Rainbow!" while pedalling



Teaching tips:

- Customise the game replacing the call out word Rainbow with something different. Get the students to choose!

