Follow the Leader

Game overview

Follow the Leader is a simple, easy warm-up game used at the start of bike skills sessions. Students ride in a line, copying the leader's movements.
It teaches group control, braking, turning, and prepares students for more advanced activities. It's great for settling the group and helping riders build confidence before heading to the bike track or playing more advanced games.

Learning Focus

- Smooth braking and starting
- Following safely with good spacing
- Gentle steering and control
- Riding as part of a group

Variations

- Include stop/start practice at cones or teacher signal
- Create figure-8 or weaving routes for the confident riders
- Assign student leaders to run the game
- Pace slower riders at the front, (this way the pace is set for them) or split into two groups i.e. less confident in one group and more confident in the other

Game Type:

Warm up game – easy, calm, can be student-led

Time

5-10 mins

Play area

Court or grass field

Group size

Whole class or small groups

What You Need

- Bikes (or scooters)
- Helmets

Safety Checks

- Advise the Ride Leader of the boundaries students are allowed to ride in
- Stop any overtaking – this is a 'snake formation ride'
- Keep speed in check i.e. no big gaps between riders so everyone knows where to ride next

How to Play

1. Line up riders:
Riders form a single file line, spaced out by 1 to 2 bike lengths

2. Choose a leader:
The person at the front sets the pace and leads

3. Start riding:
Everyone follows the leader, copying their movements:
- Straight lines
- Gentle turns or weaves
- Slow stops and starts

4. Swap leaders:
After a few minutes, rotate who leads the group

Teaching tips:

- Ideal warm-up before court or bike track riding
- Model good following distance and calm pace
- Remind riders: "No rush, no racing, no overtaking"
- Use this game to manage group flow before starting more complex activities
- Reinforce positive group riding behaviours