

# Last One Standing

## Game overview

This is a great competition to see who can get the furthest around the bike track while balancing on the pedals - coasting

## Learning Focus

- Learn how to stand up on the bike pedals while riding
- Practise coasting and gliding
- Improve balance and control without pedalling

## Variations

- Encourage students to not use their brakes while coasting - they will get further around the track
- Increase or decrease the length the riders have to pedal at the start
- Add a slow-race challenge: inch forward without pedalling or putting feet down
- Play it on a court together as a group



## Game Type:

Balance, control, and coasting skills

## Time

10-20 mins

## Play area

Bike track or court space

## Group size

Whole class or small groups

## What You Need

- Bikes/scooters
- Helmets
- Chalk or cones



## Safety Checks

- One rider at a time to allow the student to coast without interference from another rider coming past
- Have the students pull to the side of the track when they come to a complete stop

## How to Play

1. Mark a start line and a stop pedaling line (about 3-5 metres apart)
2. Students line up behind the start line on bikes or scooters
3. They can pedal or scoot to build up speed up to the the stop pedaling/scoot line
4. From that point, riders coast as far as they can without pedaling or putting their feet down
5. The student who coasts the furthest (or is the last one still rolling) is the winner



## Teaching tips:

- Works well for bikes and scooters
- A whistle or clear signal is helpful for timing the “stop pedalling” moment
- Let one student go at a time with a gap between
- Uphill track areas are harder to coast, take advantage of downhill or flat sections

