

Hot Chips

Game overview

Riders practice handing over the 'hot chip' to another rider to teach one-handed riding. This prepares riders for signaling.

Learning Focus

- Practise riding with one hand
- Improve communication and spatial awareness
- Build balance and coordination
- Develop quick thinking and teamwork

Variations

- Progressive balance challenge:
 - Pass with both feet on the ground
 - Pass with one foot down
 - Pass while both feet on your pedals

Elimination version:

- If someone drops the chip or misses a pass, they sit out until the next round
- Great for older students — the game builds bike handling under pressure

Game Type:

One-handed riding, communication, spatial awareness

Time

10–15 mins

Play area

Court space

Group size

Whole class or small groups

What You Need

- Bikes
- Helmets
- Relay baton or cone (or similar item for passing)



Safety Checks

- Students are riding randomly in a court area - encourage those less confident to place a foot down when passing the 'hot chip'
- 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



How to Play

1. Give out the 'hot chips' (relay baton/cone) to approx 5-8 riders per class size
2. Riders start biking in the court space, with the aim to pass the 'hot chip' to another rider
3. They pass the 'hot chips' by calling out to another rider and ride over to pass the chip using one hand.
4. The receiver takes the chip
5. Keep riding and passing — try to keep the chip moving!
6. Teacher can call out or blow a whistle to stop — whoever is holding the "Hot Chip" is OUT

Teaching tips:

- Bike-friendly game – not recommended for scooters
- Keep safety first: students need to stay in control and communicate clearly
- Play in small groups or in a larger space e.g. two courts
- Encourage riders to look up, listen, and stay aware of who's around them
- Excellent for building confidence with one-handed riding — a key skill for signalling on roads

