

# Cycle - Two Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Primary Junior

**Location:** gymnasium, large activity space, tarmac, outdoor field

## What's It All About?-

Cycle is a cooperative game that requires little equipment and is quick to set up. It can be played in various locations and each version is designed for maximum and meaningful participation and inclusion. This cooperative game requires all groups to balance and catch pool noodles while completing full rotations of a circle.-

## Considerations-

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.-
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.-
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.-

## Safety-

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.-
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.-
- Review the safety rules and activity instructions with participants prior to the activity.-
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.-

## Version 1: Cycle (large group cooperative play)-

### Equipment-

1 pool noodle per participant-

### How to Play-

- Divide participants into 3 equal groups. Each participant gets 1 pool noodle.—
- Each group forms a circle (“wheel”) with each participant facing inwards. The 3 groups are located close together, but not touching each other (like the wheels on a tricycle).—
- Ask 1 participant from each group/wheel to assume the role of a stationary “mechanic” on the wheel. Encourage participants to volunteer to be the mechanic at regular intervals during the game to provide opportunities for all participants to play various roles.-
- Each participant in the group balances their noodle (“spoke”) on the ground, standing on end vertically.-
- After balancing the noodle, the whole group moves 1 spot to their right in a circle, leaving the noodle for the next participant to catch. All participants must try to keep the spokes standing while moving around the circle.-
- Each participant in the group attempts to make 1 full rotation of the wheel.—
- The mechanic keeps track of the number of rotations the wheel takes and calls out, “Cycle up!” when the group has completed 1 full rotation of the wheel.-

- The group may decide to accelerate the wheel by skipping 1 spoke and moving to the next one before the spoke falls.-
- If a spoke falls, the whole group must complete 1 stationary activity of choice before they can start again. Use Ophea's [50 Fitness Activity GIFs](#) for activity ideas.-
- The wheels start rotating again with all group members balancing their noodle and moving to the next spot.-
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.-

## Variations-

- Increase or decrease the size of the bicycle wheel/circle.-
- Change the direction that the wheel rotates.-
- Increase the number of rotations the wheel completes.-
- Change the way the participants move between the spokes (e.g., slide, skip, hop, wheel).-

## Version 2: Cycle Movement (small group cooperative play)-

### Equipment-

- 1 pool noodle per participant-
- 2 pylons per group-

### How to Play-

- Divide participants into small equal groups of 6 – 12. Each participant gets 1 pool noodle.-
- Each group forms a circle ("wheel") with each participant facing inwards.-
- Each group decides on a starting point ("home") and an ending point ("school") and defines these areas with pylons.-
- Ask 1 participant from each group/wheel to assume the role of a stationary "mechanic" on the wheel. Encourage participants to volunteer to be the mechanic at regular intervals during the game to provide

opportunities for all participants to play various roles.-

- Each participant in the group balances their noodle ("spoke") on the ground, standing on end vertically.-
- After balancing the noodle, the whole group moves 1 spot to their right in a circle, leaving the noodle for the next participant to catch. All participants must try to keep the spokes standing while moving around the circle.-
- Each participant in the group attempts to make 1 full rotation of the wheel. Upon completion of 1 full rotation, the group can move their wheel 1 large step closer to their end point/school.-
- The mechanic keeps track of the number of rotations the wheel takes and calls out, "Cycle up!" when the group is ready to move closer to their end point/school.-
- The group may decide to accelerate the wheel by skipping 1 spoke and moving to the next one before the spoke falls.-
- If a spoke falls, the whole group must complete 1 stationary activity of choice before they can start again. Use Ophea's [50 Fitness Activity GIFs](#) for activity ideas.-
- The wheels start rotating again with all group members balancing their noodle and moving to the next spot.-
- The bicycle arrives safely at school when all groups/wheels have crossed their identified end point/school.-
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.-

## Variations-

- Increase or decrease the size of the bicycle wheel/circle.-
- Change the direction that the wheel rotates.-
- Increase or decrease the distance from home to school.-
- Increase the number of rotations the wheel completes.-
- Change the way the participants move between the spokes (e.g., slide, skip, hop, wheel).-