

# Swift Speed Race

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## Objective

To bike/scooter race your opponent on a course and have the fastest time without touching any of the obstacles in your path.

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## Materials Needed

- Two bikes or scooters
  - Helmets
  - Stop watch
  - Cones or standing posters of various things such as animals or people
  - Chart paper
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## How the Activity Works

- Set up a corridor in the school and place cones and obstacles close to each other.
- Have someone time the race and tell participants they must get to the other end without hitting anything, while also clocking the best time.
- Post names and times on chart paper on wall.
- The winners can be given small prizes.

The key message in this activity is that when you race, your vehicle's speed is above what it needs to be and you are more likely to hit an obstacle such as another vehicle, people, poles, etc.

(Adapted from the Insurance Corporation of British Columbia, [www.icbc.com](http://www.icbc.com))