



# Indoor Bicycling

## Using Bicycles with Training Wheels

Here's a great activity for children who have bicycles with training wheels. It gives children an opportunity to be physically active even if they can't go outside.



- Choose an adult pair of sneakers or any shoe with a tread
- Place the training wheels inside the opening of the sneakers or shoes. This will lift the rear wheel off the floor creating an indoor bicycle trainer
- Be sure that the bicycles are placed on carpeting or a mat to prevent movement of the shoes and bicycles
- Have your child or children wear their helmets as though they were outside. It's good practice to always wear a helmet when pedaling.
- Have your child or children participate in a virtual ride such as this one: <https://www.youtube.com/watch?v=iAS-8trShhg> or have them watch their favorite show or movie.

Parent/Guardian Bicycling Resources:

[Enjoy Your Free Time With Some Of The Best Bicycle Games](#)

[Keep Walking and Bicycling in May!](#)

[Label the Bicycle View – Science Worksheet 1st Grade - SoD](#)

[6 CYCLING GAMES](#)

[Bicycle Safer Journey](#)

[Bicycle Safety Lesson Plans \(Grades 3-6\)](#)

[Bike Riders' Rules](#)

[Bicycle Safety Cut & Paste Worksheet](#)

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## According to the American Heart Association:

Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.

- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week
- Increase amount and intensity gradually over time