

Group Racecourse Activity

Overview

You can't have a race without a course. The 2022 UCI Road World Championships will take place over three main courses, the Helensburgh Start, the Mount Keira Loop and the Wollongong City Circuit. This activity gives groups of students the opportunity to create their own course and race outside.

Approximate duration: 2 hours

Resources needed:

- Outdoor or undercover area
- Cones
- Optional: Sports equipment

Instructions

1. Before heading outside, talk to the students about [the 2022 UCI Road World Championships](#) coming to Wollongong in September. There are various courses that make up the event over the 8 days of racing. The courses all serve different purposes in testing the athletes. You can show [this video](#) to the students that previews the Elite Road Race.
2. Once the students have a general understanding of the race, go outside and split the class into 3-4 groups. Ask each group to create their own small course that is broken up with activity zones.
3. Once the students have created their course, they present it to the class. Everyone in the class gets a turn taking part in the different courses.

Tips

- Activity zones can be made up of simple activities such as doing 10 star jumps, or throwing a ball into a hoop.
- If it is raining, this activity can be modified for an indoor space by having the courses be smaller and arranged in lines

Suggested syllabus connections

PDHPE Stage 2	PD2-4 Performs and refines movement skills in a variety of sequences and situations PD2-8 Investigates and participates in physical activities to promote the benefits of physical activity on health and wellbeing PD2-11 Combines movement skills and concepts to effectively create and perform movement sequences
PDHPE Stage 3	PD3-4 Adapts movement skills in a variety of physical activity contexts PD3-8 Creates and participates in physical activities to promote healthy and active lifestyles PD3-11 selects, manipulates and modifies movement skills and concepts to effectively create and perform movement sequences

MAIN PARTNERS



OFFICIAL PARTNERS



OFFICIAL SUPPLIERS



INSTITUTIONAL PARTNERS

