

# KG PE

Go for a ride!



1. Click on the picture above to watch a video all about the importance of wearing a helmet when riding a bicycle.
2. Riding a bicycle is a great form of exercise, always make sure that you have a grown-up with you to keep you safe.
3. Ride for  $\pm 20$  minutes!
4. We would LOVE to see a video of you riding your bicycle!