

**Today's Seriously Fun Adventure...**

We are back at the race track with our friend Fast Freddie. This time, the cars must be towed to the track on a trailer. We will work in pairs to practise being the car and the trailer, staying close to each other all the time as we are driven onto the track. Don't get left behind!

Do we know the colours of the traffic lights? Look out for the lights changing and remember we can't go through a red light, so we have to stop and stand still. Wait for the amber light, and we can jog. When the light changes to green, we must run quickly but being careful not to crash into each other.

There is a bumper car loose on the track trying to crash into us all. Can we avoid getting into a crash?

Then it will be time for a tyre change. Once the tyres are changed, we will have to test them out. To do this, we will have to sprint quickly for a short distance to check we can stop quickly enough. Can you help Freddie test the tyres?