**A picture containing text, clock, gear

Description automatically generatedLogo, company name

Description automatically generatedBike Safety and Education Program**

**Curriculum Guide**

**GMSD**

*\*Lessons come from Bikeology Curriculum Manual*

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| --- | --- | --- | --- | --- |
| Week | Topic(s) | Lesson(s) | Video(s) | Fitness |
| Week 1: Intro to Bike Safety | -Bike Safety Basics  -Riding Smart  -Bike Helmets  -Bike Fitting  -ABC Quick Check | -Intro Activity: Bicycle Safety Video (Pages: 21-28)  -Skill-Based Activity: Bicycle Helmet Function (Pages: 29-38)  -Skill-Based Activity: Bicycle Helmet Fit (Pages: 39-45)  -Skill-Based Activity: Bicycle Fit (Pages: 47-54)  -Skill-Based Activity: ABC Quick Check (Pages: 67-79) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)   1. How To: Bike Safe, Bike Smart 2. How To: Ride Smart-It’s Time to Start 3. How To: Bicycle Helmet Function 4. How To: Fit a Bike Helmet 5. How To: Perform a Bike Fit 6. How To: ABC Quick Check | \*Complete [plank](https://youtu.be/B296mZDhrP4) exercise challenges. |
| Week 2: Safety on the Bike | -Balance on a Bike  -Safely Braking  -Straight Line Ride  -Power Start  -Ready Position  -Scanning  -Signaling  -Bike Handling  -Bike Steering  -Quick Stop | -Skill-Based Activity: Balance (Pages: 107-112)  -Skill-Based Activity: Controlled Braking (Pages: 113-118)  -Skill-Based Activity: Straight Line Riding (Pages: 119-124)  -Skill-Based Activity: Power Start (Pages: 125-130)  -Skill-Based Activity: Ready Position (Pages: 131-136)  -Skill-Based Activity: Scanning (Pages: 137-142)  -Skill-Based Activity: Signaling (Pages: 143-146)  -Skill-Based Activity: Hazard Avoidance (Pages: 165-170)  -Skill-Based Activity: Quick Stop (Pages: 171-176)  -Skill-Based Activity: Instant Turn (Pages: 177-182) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)   1. How To: Balance on a bike 2. How To: Safely Brake on a Bike 3. How To: Straight Line Riding 4. How To: Power Start 5. How To: Ready Position 6. How To: Scanning 7. How To: Signaling 8. How To: Bike Handling Skills 9. How To: Quick Stop   10.)How To: Bike Steering | \*Complete [lunges](https://youtu.be/L8fvypPrzzs) (both legs) |
| Week 3: Bike Rodeo & Bike Skills | -Bike Rodeo  -Figure 8  -Snail Race  -Water Bottle Pick-up  -Bunny Hops | -Introduction Activity: Course Ride (Pages: 193-196)  -Skill-Based Activity: Figure 8 Ride (Pages: 197-202)  -Skill-Based Activity: Snail Race (Pages: 203-208)  -Skill-Based Activity: Water Bottle Pickup (Pages: 217-222)  -Skill-Based Activity: Bunny Hop (Pages: 223-228) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)   1. How To: Bike Rodeo 2. How To: Figure 8 3. How To: Snail Race 4. How To: Water Bottle Pick-Up 5. How To: Bunny Hops | \*Complete [burpees](https://youtu.be/auBLPXO8Fww) exercise challenge. |
| Week 4: Road Safety Basics | -Navigate Intersections  -Claim the Lane  -Group Riding  -Determine Target HR | -Skill-Based Activity: Rules of the Road (Pages: 247-254)  -Skill-Based Activity: Lane Positioning (Pages: 255-268)  -Skill-Based Activity: Group Riding Etiquette (Pages: 269-278)  -Skill-Based Activity: Target Heart Rate (Pages: 339-346) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)   1. How To: Navigate Intersections 2. How To: Claim the Lane 3. How To: Group Riding 4. How To: Determine Target HR | \*Complete [leg lift](https://youtu.be/bVA-JH2sZ2k) exercises. |
| Week 5: Bike Maintenance | -Adjust Brakes  -Fix a Dropped Chain  -Fix a Flat Tire | -Skill-Based Activity: Brake Adjustment (Pages: 313-316)  -Skill-Based Activity: Fallen Chain Repair (Pages: 299-302)  -Skill-Based Activity: Fixing a Flat Tire (Pages: 303-312) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)   1. How To: Adjust Brakes 2. How To: Fix a Dropped Chain 3. How To: Fix a Flat Bike Tire | \*Complete [bicycle kick](https://youtu.be/9FGilxCbdz8) exercise. |