**Bike Safety & Education program**

***PD training session***

***Gmsd***

1. The purpose of this PD session is to showcase the resources and materials that are available to our students and PE teachers to effectively build their Bike Safety & Education programs for their respective schools.
2. Teachers will receive an overview of the *Bikeology Curriculum* to better understand the skills and topics they will be teaching.
3. The lessons and skills required for this curriculum are best suited for upper elementary and secondary students (Grades 3rd-5th and MS/HS)
4. Teachers are encouraged to modify the skills to fit the needs/skills of their students. Not all students and/or classes will have the same skill set. Review lessons/skills/topics more than once, if needed, to ensure students are prepared to move onto the next phase of the curriculum.

**Overview of the CSH Website resources for teachers and students to utilize:**

* **Main page**: Bikeology curriculum and supplementary resources (additional lessons) to further build this program, bike safety videos, and links to various resources for this program.
* **Bike Videos/Skills Page**: This page will have every video/lesson needed to instruct this curriculum for your program. The lessons are in order and are sequenced based off skill progression. Try to progress through the curriculum by following the order, as your students will gain the most from doing so.
* Assessments & Worksheets are available to further build content knowledge and skills for your students.
* Bike Safety parent letter is created for you to send out prior to teaching this unit.

**Sequence of training for PE teachers:**

1. Show teachers the proper way to fit a helmet. (posters/videos/demo)
2. Show teachers the importance of wearing a helmet (video/discussion)
3. Show teachers how to properly fit a bike (poster/video)
4. Show teachers how to perform ABC Quick check( poster/video)
5. Show teachers how to properly balance on a bike (video/demo/teacher practice)
6. Show teachers how to properly brake on a bike (video/demo/teacher practice)
7. Show teachers how to perform straight line riding using lines on floor (video/demo/teacher practice)
8. Show teachers how to perform ready position, scanning, and signaling (videos/demo/teacher practice)
9. Show teachers how to perform quick stops and bike steering (videos/demo/teacher practice)
* Set up skill rodeo course and allow the teachers to practice utilizing all the skills we practiced going through the course. This is like a culminating event in which students will practice their skills they’ve learned.
* Show teachers how to properly adjust gears when riding a bike (video/demo/teacher practice)
* Show teachers skills to perform for moderate to advanced skilled students, such as figure 8, snail race (balance), bunny hops, and water bottle pick-up (videos/demo/teacher practice)
* Discuss importance of navigating intersections, claiming the lane, and group riding etiquette. Explain that students will perform these skills in the gym or a safe area on campus marked off and not a high traffic area (safety). (videos/demo/teacher practice)
* Showcase lessons that teachers can set up for these various skills from their Bikeology curriculum guide.
* Show teachers basic maintenance of a bike and utilize the maintenance stand. Explain that teachers will have a maintenance bike that will not be used for riding and is strictly for the maintenance lessons for students to practice. (videos/demo/teacher practice)
* Additional bikes/resources will be purchased to make accommodations to students with special needs, such as:

-Small bikes

-Bikes w/o pedals (balance bikes)

-Tricycles

-Stationary bike attachment

**Tips for success when creating your program:**

1. Allow for students to take time needed to practice and learn the various skills.
2. Create a safe area for students to practice skills and perform these lessons.
3. Encourage students to do their best and remind them that everyone will be at different skill levels.
4. Utilize your bike education posters to hang up in the gym for reference.
5. Keep the lessons simple and modify skills/lessons as needed for students.
6. Create stations for students to complete since there are only 7 bikes for a class, such as 1 bike at a specific skill station.
7. Have students grouped based off height (not skill) to make it easier on students to ride. This will limit having to adjust the seat for optimal bike fitting. Group would simply take their group’s bike with them from station to station.
8. Add fitness stations to your bike lessons to further enhance the program and allow for spacing out of students.

After teaching a skill to the class, allow them to practice in their cohort groups (based on height):

\*Since you have 7 bikes, you’ll have 7 groups of students. Allow one student at a time to perform the skill you’re reviewing before the next goes (consider this set up like a relay format without the competition component)

-Create adequate riding distance from starting point to ending point, as students will ride down and back for the various skills they perform.

-Consider what set-up will work best for you and your students. You can follow the lesson outline from the Bikeology curriculum or you can practice the skills in isolation (7 groups with one person practicing the skill at a time).