



INTRODUCTION ACTIVITY

Course Ride

Timeframe

Beginner: 10 minutes
Intermediate: 10 minutes
Advanced: 10 minutes

Objective

At the conclusion of this activity students will be able to:

1. Demonstrate a variety of on-the-bike skills from previous lessons, during the warm-up ride, as measured by successful completion of the Course Ride. (Psychomotor)

National Standards Standard 1
Standard 2
Standard 3
Standard 4
Standard 5

Equipment

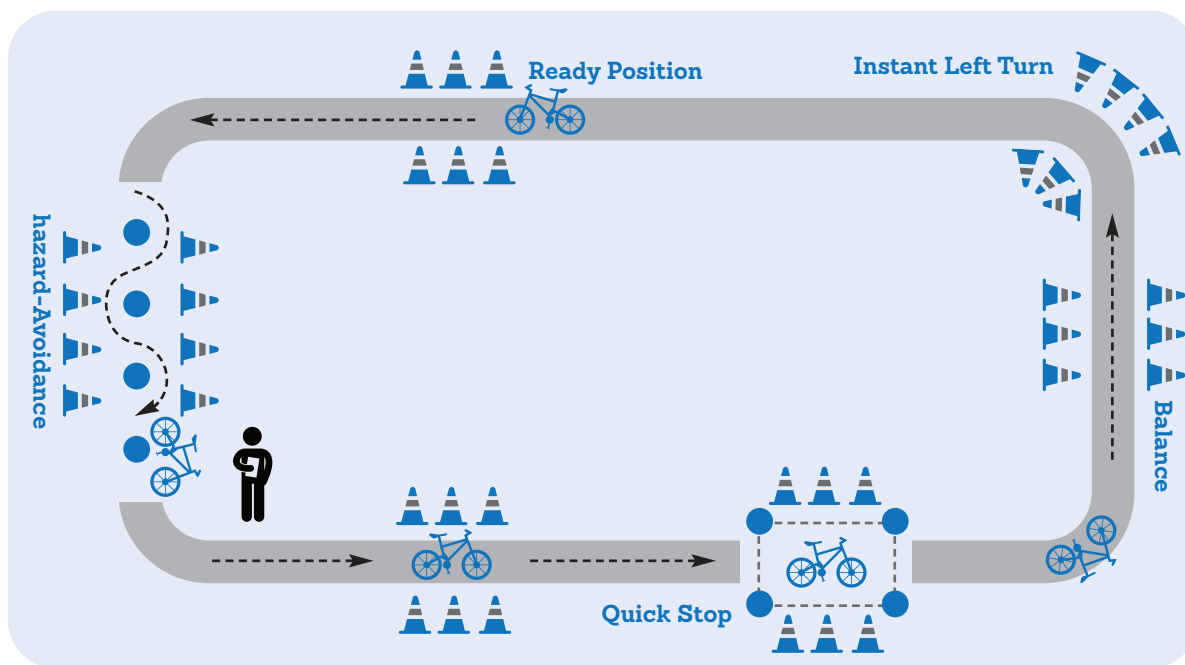
- Helmets
- Head barriers
- Bicycles
- Bicycle pump
- Allen wrench
- Red floor tape
- Cones, domes, polypots or chalk to mark riding course

Teacher Overview This activity prompts students to practice some basic skills of cycling from Units 2 and 3, such as: controlled braking, Power Start, scanning and emergency skills. This activity should be used as the 'Check' component of the ABC Quick Check.

Preparation

1. Designate a riding course that enables the teacher to see the students at all times. This will enable students to ride throughout the class period, even when they are not performing skills.
2. Set up skill stations along the course to enable students to practice any of the skills from Units 2 and 3 that the teacher selects.

Diagram: Course Ride



Directions

1. Introduce the activity using the following prompt:

Today, we will be learning about some advanced bicycle handling skills. Most of these skills build on the basic skills of balance, braking and control of the bicycle that we have learned in previous units. To help prepare for this, we will be practicing some of these basic skills before moving forward.

2. Divide students into groups of two or three.
3. Instruct students to fit helmets and have partner(s) check if the helmet is fitted correctly.
4. Instruct students to retrieve bicycles according to number assigned.
5. Instruct one student to complete the ABC Quick Check while the partner observes to ensure that the check was completed properly and to provide prompts if an item was missed. Switch roles.
6. Instruct pairs to proceed to the riding area to meet teacher after students have successfully completed the helmet fit and ABC Quick Check.
7. Inspect helmets for proper fit; revise fit if necessary.
8. Instruct students to proceed on the riding course for the 'Check' of the ABC Quick Check; complete each skill station that they encounter on the course and when finished return to the teaching station.

Assessments

1. Successful completion of the course.

Blow a whistle during the course ride to prompt students to perform a Quick Stop.

Safety



1. Follow the 2-2-2-2 Rule (2 wheels on the ground; 2 feet on the pedals; 2 hands on the handlebars; 2 fingers on the brake levers) while riding the bicycle.
2. Use the rear brake only to stop the bicycle, until the skill level advances to be able to safely use the front brake.
3. Instruct students to ride the bicycles on the designated course.
4. Instruct students to keep at least three-bicycles-lengths between each rider.

Differentiating Instruction

Adapted and Beginner

- Set up a course that is flat, simple and not too long.
- It may be necessary to allow more breaks for students who are less skilled and/or fit.

Intermediate and Advanced

- Set up a more challenging course. This may include being longer, having turns or including hills.

Best Practices



1. Provide a discreet opportunity and safe environment for students to share information pertaining to their ability and comfort level for riding a bicycle.
2. Always complete the Helmet Fit and ABC Quick Check at the beginning of every class in which the students will be riding. The use of peers/partners to practice, inspect, and correct each other will make the most efficient use of class time and reinforce bicycle safety skills. This should not replace teacher assessment.
3. Review the three-bicycles-length rule to promote safe riding. The three-bicycles-length rule is a reminder of keeping a safe distance between cyclists while riding single-file. To help maintain proper spacing, have a marker on the course that allows students to see when it is their turn to go. When the first rider gets to the marker, the next student may start riding.

