

Bike Ed Years 1 and 2

Unit 1 overview

Becoming a bike rider



Teaching time: 6 hours

There are eight lessons in total. This unit is designed to be delivered in eight 45 minute lessons.

Curriculum links

- Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities (VCHPEP071)
- Recognise situations and opportunities to promote their own health, safety, and wellbeing (VCHPEP074)
- Identify and explore natural and built environments in the local community where physical activity can take place (VCHPEP079)
- Perform fundamental movement skills in different movement situations in indoor, outdoor, and aquatic settings (VCHPEM080)
- Discuss the body's reactions to participating in physical activities (VCHPEM083)
- Incorporate elements of effort, space, time, objects, and people in performing simple movement sequences (VCHPEM084)

Approach to using the lesson plans:

The lessons should be delivered in order, as content builds upon previously gained skills and knowledge. The lessons can be scheduled in a flexible way that suits your school. For example, you could conduct one lesson per week, over the course of a term or in a more concentrated schedule over a week or two, culminating in a final community ride. Bike Ed has been designed to be flexibly incorporated into your school calendar. If you choose to do more than one lesson in straight after another you could skip the helmet and ABCD check for the second lesson.

Lesson	Name	Learning intentions	Activities	Assessment
1	Pre-riding preparation	<ul style="list-style-type: none"> To understand the benefits of cycling. To know the basic components of a bicycle. To prepare students to undertake the Bike Ed program. 	<p>Tuning in activity 1. Bring a bike to class. Teacher tells a personal story about their bike or that of a friend of theirs.</p> <p>Introduction. Brief Bike Ed overview by teacher. How many have ridden before?</p> <p>Activity 1. Watch Bike Ed video. This includes the benefits of cycling. Think/pair/share of the favourite place you have ridden and what place would be most fun to ride to.</p> <p>Activity 2. Discuss benefits of cycling. Write three reasons you want to be able to ride a bike.</p> <p>Activity 3. Parts of the bike. Using the parts of the bike poster, write or paste the correct names for the correct parts of the bike onto the worksheet.</p> <p>Reflection & closure. Who is excited about riding bikes in class? Thumbs up/down/sideways.</p>	<ul style="list-style-type: none"> Assessment of number students who have riding experience. Parts of the bike worksheet. Post class thumbs up/down/sideways about riding excitement.
2	Bike familiarity	<ul style="list-style-type: none"> Understand what makes a safe ride. Know how to check that you are ready to ride safely. Knows how to stop a bike safely. 	<p>Tuning in activity 1. Revising our bike knowledge.</p> <p>Activity 1. Bike safety video. What is safe on a bike worksheet.</p> <p>Activity 2. Safety on a bike: Putting on helmets correctly, wearing safe clothing, having a safe attitude, and riding a safe bike. Watch Bike Ed safety demonstration video.</p> <p>Activity 3. How to use the brakes. Walking the bikes and applying the brakes.</p> <p>(Additional). Quicksand game. Braking a moving bike.</p> <p>(Additional) Short rides: Controlled rides (or walking) in lanes.</p> <p>Reflection & closure. Three important parts of safety: I am safe, the bike is safe, and I have the right attitude to be safe. What activities do we do to make ourselves safe (clothing, helmet check) and our bike safe (ABCD check)?</p>	<ul style="list-style-type: none"> What is safe on a bike worksheet. Helmet fitting by students. Safe clothing feedback. Observations of braking. End of lesson discussion. Thumbs up/down/sideways.
3	Getting on the bike	<ul style="list-style-type: none"> To know whether a bike is the correct size. To be comfortable testing their balance on the bike. 	<p>Tuning in activity 1. Safe clothing check. Safe attitude check - try your best, have fun, respect others.</p> <p>Activity 1. Putting on helmets correctly revision. Follow the teacher. Work with a partner to check. Two finger method for helmets.</p> <p>Activity 2. Simon Says: parts of the bike</p> <p>Activity 3. Is this bike right for me? Check that the bike fits. Getting on and off the bike.</p> <p>Activity 4. Balance and posture. Demonstrate and practice good riding posture. Students balance on the bike with both legs, then one leg supporting at a time, then rocking from leg to leg.</p> <p>Activity 5. Straddling and pushing the bike in lanes.</p> <p>Reflection & closure. Who thinks they know how to balance and move on a bike?</p>	<ul style="list-style-type: none"> Teacher observation of Simon Says. Helmet fitting by students. Bike fitting. Observation of rider balancing and movement.

Lesson	Name	Learning intentions	Activities	Assessment
Extra	Getting non-riders on the bike (extra-curricular)	<ul style="list-style-type: none"> Can get on a bike. Can balance. Can balance while pedaling (with assistance). Can ride bike (with adult attention). 	<p>Learn to ride course. Run by either an outside professional coach or an experienced PE teacher with experience in teaching beginner cycling.</p> <p><i>Note: This is not required, as students should begin to learn and feel more confident as the sessions progress. It may, however, provide more opportunity for individual work with novice riders and provide an opportunity to work with experienced coaches and/or volunteers.</i></p>	<ul style="list-style-type: none"> Observation of successfully balancing on the bike whilst moving.
4	Balance and moving	<ul style="list-style-type: none"> To know how to check that the bike is ready to ride safely. To be able to move in a controlled manner whilst on the bike. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. ABCD Check. Safe attitude check - try your best, have fun, respect others.</p> <p>Activity 1. ABCD bike checks. Work in groups around the bike to check the safety of the bike.</p> <p>Activity 2. Pushing the bike whilst on the bike. Gliding on the bike, with one leg on the pedal and the other pushing on the ground. Moving in lanes.</p> <p>Activity 3. Traffic light riding. Riders stop, slow, and go on teacher's instructions.</p> <p>(Additional) Hit the spot game: Controlled rides (or gliding/walking) in lanes.</p> <p>Reflection & closure. Thumbs up/down/sideways for feeling confident sitting on and stopping a bike.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates ability to independently move from end to end. End lesson thumbs up/down/sideways.
5	Straight line riding	<ul style="list-style-type: none"> To be able to start riding from a stationary start. To understand how to maintain balance on the bike whilst moving. To have general control over the bike under supervision. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. ABCD check. Safe attitude check (try your best, have fun, respect others).</p> <p>Activity 1. Push race. Start with push and glide practice, then a race with no pedaling.</p> <p>Activity 2. Starting. Instruction on power pedal. Students practice single pedal gliding in lanes. Then 2 and 3 pedal glides.</p> <p>Activity 3. Straight line riding in lanes.</p> <p>(Additional) Hit the spot game, using bike control.</p> <p>(Additional) Traffic light riding. Riders stop, slow, and go on teacher's instructions.</p> <p>Reflection & closure. Thumbs up/down/sideways for being confident riding in a straight line and stopping safely.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates ability to independently ride the bike from end to end and stop safely. End lesson thumbs up/down/sideways. Teacher questions.
6	Turning and bike handling	<ul style="list-style-type: none"> To be able to make confident turns whilst riding. To control the bike in the vicinity of other bike riders. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. ABCD check. Safe attitude check (Try your best, have fun, respect others).</p> <p>Activity 1. Straight line riding warm up.</p> <p>Activity 2. Turning. Instruction, followed by walking the bike through a slalom course, followed by riding through the slalom course.</p> <p>Activity 3. Follow the leader. Traffic light riding.</p> <p>(Addition) Minefield game.</p> <p>Reflection & closure. Thumbs up/down/sideways for being confident turning the bike and staying in control.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates the ability to ride whilst turning in a controlled manner. Student demonstrates the ability to ride in single file with other bike riders. End lesson thumbs up/down.

Lesson	Name	Learning intentions	Activities	Assessment
7	Building skills and confidence	<ul style="list-style-type: none"> To be able to use turning skills in a variety of situations. To be able to complete low speed manoeuvres. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. ABCD check. Safe attitude check - try your best, have fun, respect others.</p> <p>Activity 1. Traffic lights: following the leader.</p> <p>Activity 2. Slalom riding.</p> <p>Activity 3. Slow turns. Instruction followed by lane riding with U-turns.</p> <p>Activity 4. Bike confidence/commando course. Walk through a loop with different stations testing different skills, such as turns, stopping and starting, slow riding, and a slow manoeuvre. Students practice on the course. This will be the licence test course for next class.</p> <p>(Addition) Minefield game.</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence being able to complete the confidence course.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates the ability to ride whilst turning in a controlled manner. Student demonstrates the ability to ride slowly and complete controlled low speed manoeuvres. Student can complete the activities in the confidence course. End lesson thumbs up/down.
8	Assessment and licences	<ul style="list-style-type: none"> To be able to start riding from a stationary start. To understand how to use the brakes and be able to stop the bike safely. To be able to use turning skills in a variety of situations. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. ABCD check. Safe attitude check -try your best, have fun, respect others.</p> <p>Activity 1. Warm up game. Loop riding with traffic lights.</p> <p>Activity 2. Pre-test game. Minefield. Students try to navigate the obstacles placed between the start and end of an area.</p> <p>Activity 3. Walk through and practice on the licence test course. Complete assessment of students on the test course.</p> <p>Activity 4. Present licences for successfully completing Bike Ed Unit 1.</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence being able to ride a bike outside class.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student can complete the activities in the confidence course. End lesson thumbs up/down.