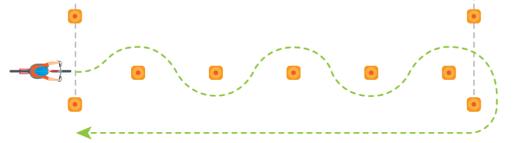


Year Level: **Years 7 and 8**
 Unit 4: **Riding independently**
Self assessment sheet for riding station activities (Lessons 1 and 2)

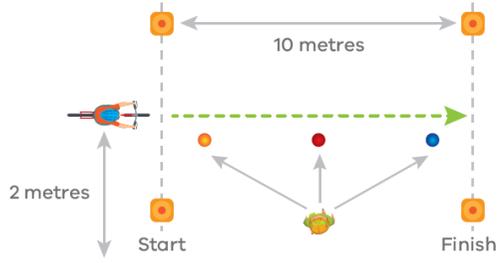
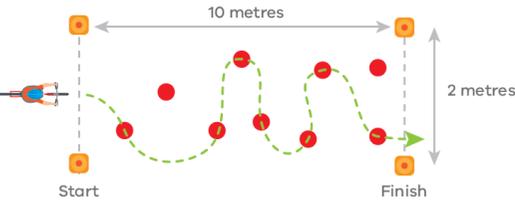


Date:	
Name:	
Partner:	
Approach	Use this self-assessment sheet to record the best performance in each of the riding stations for both you and your partner. You may make multiple attempts.

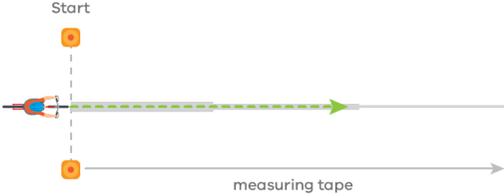
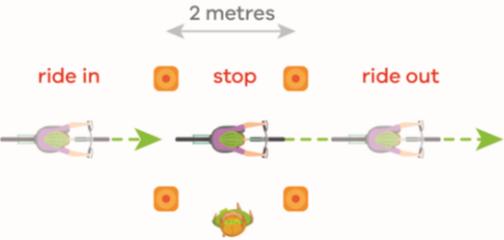
Station	Preparation and resources	Learning activities	Result	
1	<p>Slow ride</p> <p>Safety</p> <ul style="list-style-type: none"> Only one rider on course at a time. Timers to stand at least 2 metres away from the finish cone. 	<p>Instructions</p> <p>The aim of this activity is to ride 10 metres in the <i>longest</i> time possible. This requires the rider to ride as slowly as possible.</p> <ul style="list-style-type: none"> Set up cones 10 metres apart. The rider starts at one of the cones and partner stands at the finish cone with a stopwatch. The rider must ride in a straight line between the cones. The partner will time the ride with a stopwatch and enter the result into the self-assessment sheet. 	<p>Your slowest time:</p> <div style="border: 1px solid #1a3d54; width: 100px; height: 100px; margin: 0 auto;"></div>	Seconds
			<p>Partner's slowest time:</p> <div style="border: 1px solid #1a3d54; width: 100px; height: 100px; margin: 0 auto;"></div>	Seconds

Station	Preparation and resources	Learning activities	Result	
2	<p>Single push</p>  <p>Safety Partner is to stay clear of the rider.</p>	<p>Instructions</p> <p>The aim of this activity is to travel the furthest distance with only a single push of the pedal.</p> <ul style="list-style-type: none"> • Set up one cone with a long measuring tape running alongside. • Stand stationary at the start line with a foot on the pedal. Push down on the pedal and then stop pedaling. Once you place a foot on the ground you must stop. • The partner will then use the tape measure to measure the distance travelled from where the front wheel touches the ground. 	<p>Your furthest distance:</p> <div data-bbox="1792 151 2004 367" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's furthest distance:</p> <div data-bbox="1792 438 2004 654" style="border: 1px solid black; height: 135px; width: 95px;"></div>	<p>Metres</p> <p>Metres</p>
3	<p>Slalom</p>  <p>Safety Other riders are to stay clear of the course when not riding.</p>	<p>Instructions</p> <p>The aim of this activity is to turn between as many cones as possible in a set distance.</p> <ul style="list-style-type: none"> • Place a start and finish cone 15 metres apart (depending on space) and 7 cones place at even distances in a straight line between the start and finish line. • Students will ride from end to end turning between the cones. They will be successful if they complete the course without touching a cone or touching the ground with their foot. • If they complete the run successfully then the partner will add another cone, making sure to have all cones evenly spaced. • If they are unsuccessful, they will remove a cone. • Write down the highest number of cones successfully completed. 	<p>Your best run:</p> <div data-bbox="1792 726 2004 941" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's best run:</p> <div data-bbox="1792 997 2004 1212" style="border: 1px solid black; height: 135px; width: 95px;"></div>	<p>Cones</p> <p>Cones</p>



Station	Preparation and resources	Learning activities	Result	
4	<p>Catch the ball</p>  <p>Safety</p> <ul style="list-style-type: none"> The partner is to stay a safe distance away from the rider. Ball should be soft or use a small bean bag. Only soft throws. 	<p>Instructions</p> <p>The aim of this activity is to catch a ball, tossed by a partner, the greatest number of times in a 10-metre distance.</p> <ul style="list-style-type: none"> Set up two cones 10 metres apart to mark the start and finish line. The rider will ride slowly from the start to finish. The partner will stay two metres away (to the side) a soft toss a ball or bean bag to the rider. The rider will catch the ball with one hand whilst holding the handlebars with the other, and then softly toss it back. Record the maximum number of catches made in the 10-metre ride. 	<p>Your best run:</p> <div data-bbox="1792 151 2004 367" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's best run:</p> <div data-bbox="1792 422 2004 638" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p style="text-align: right;">Catches</p> <p style="text-align: right;">Catches</p>	
5	<p>Hit the spot</p>  <p>Safety</p> <ul style="list-style-type: none"> Use a non-slip ground marking. The partner is to stay a safe distance away from the rider. 	<p>Instructions</p> <p>The aim of this game is to have the rider control the bike such that front wheel can make contact with as many of the ground markings as they can within the area.</p> <ul style="list-style-type: none"> Set up the area (with cones or other markings) such that it is approximately 10 metres long and only 2 metres wide. It should be narrow enough that riders will not be able to do U-turns in the area. Within the designated area, place the ground markings randomly throughout. It is important that the markings are placed such that it is very difficult to ride over every marking in a single ride. This may mean having some markings on opposite sides, which will encourage decision making for most riders, or extreme levels of bike control for the most adept. 	<p>Your best run:</p> <div data-bbox="1792 726 2004 941" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's best run:</p> <div data-bbox="1792 997 2004 1212" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p style="text-align: right;">Targets</p> <p style="text-align: right;">Targets</p>	



Station	Preparation and resources	Learning activities	Result
6	<p>Straight line riding</p>  <p>Safety</p> <ul style="list-style-type: none"> Use a non-slip ground marking. The partner is to stay a safe distance away from the rider. 	<p>Instructions</p> <p>The aim of this activity is to control the bike such that you can ride on the marking for the longest distance.</p> <ul style="list-style-type: none"> Set up the line on the ground for at least 15 metres. The line should be approximately 5 cm wide. The partner will stay behind the bike, watching the wheels to make sure that it remains on the line. Once a wheel exits the line, the partner will measure the distance from the start to that point. 	<p>Your furthest distance:</p> <div data-bbox="1794 153 2007 368" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's furthest distance:</p> <div data-bbox="1794 456 2007 671" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p style="text-align: right;">Metres</p> <p style="text-align: right;">Metres</p>
7	<p>Stop and go</p>  <p>Safety</p> <ul style="list-style-type: none"> The partner is to stay a safe distance away from the rider. 	<p>Instructions</p> <p>The aim of this activity is to control the bike such that you can stop and start without touching the ground with your foot.</p> <ul style="list-style-type: none"> Set up four cones in a box, approximately 2m x 2m. The rider will ride into the box, brake to a complete stop, and ride out of the box, without setting a foot on the ground. The partner will check that the rider has made a complete stop and not touched the ground. The partner will also measure the total time spent inside the box, with the aim being to spend as much time as possible. 	<p>Your longest time:</p> <div data-bbox="1794 740 2007 956" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's longest time:</p> <div data-bbox="1794 1011 2007 1227" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p style="text-align: right;">Seconds</p> <p style="text-align: right;">Seconds</p>



Based on your experience so far, what aspects of bike riding do you think you do well?

Based on your experience so far, what aspects of bike riding do you think you need to improve on?

What was something interesting or funny that you noticed as you were doing the riding stations?



