

Topic	Sub-Topic	Subject	Priority	Content objectives
1. Equipment	1.1. Safety Equipment	Helmet	1	Why wearing a helmet is important Making sure the helmet fit properly Wearing a helmet correctly Learn how to snap the chin strap What other sports wear helmets?
	1.2. Bike	Parts	1	Recognize and learn the basic parts of a bike: Handle bars Seat or saddle Wheels (not tire) Pedals
		Fit	3	Student will learn how to fit themselves on a bike by sitting on the seat and having feet flat(or nearly flat) on the ground
2. Riding Skills	2.1. Learning to ride: Developmental stages	Balance	1	Develop skills using duck walk and gliding
		Steering	1	Develop skills by using aim and avoidance techniques: Student will run over poly spots (in various pathways) Student will avoid bean bags (in various pathways)
			1	Develop skills to turn without falling
		Stopping/braking	1	Develop skills: Concept of coming to the edge – whenever approaching the edge (sidewalk, driveway, etc.) student must bring the bike to a complete stop During duck walk and glide stages students will use feet to slow or stop the bike During the pedal stage student will use coaster brake to effectively bring the bike to a safe stop
		Riding in a straight line	1	Student will develop skills to ride in a straight line Student will develop skills to ride in a straight line while scanning for hazards
		Pedaling	1	Using pedals, student will develop skills to place the bike in motion at a reasonable and safe speed

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2. Riding Skills	2.2 Basic riding skills	Aiming	1	Learn how to aim the bike in the direction desired by using poly spots. Students should do this with ease at speed
		Dodging/avoidance	1	Student will learn to avoid potential hazards by dodging bean bags. Students should do this with ease at speed
		Judging distance/speed	2	Develop slow, medium and fast bike riding speeds Student will develop the skill to judge safe speeds in various pathways Student will develop skills to understand the difference in short and long distances and the appropriate speed
		Looking	1	Develop the skill to look both ways before pulling into traffic Student will develop the skill of scanning and predicting Scan for hazards
		Riding with one hand	3	Develop balance and control
3. Traffic Knowledge/Skills	3.1 Rules of road and traffic laws	Signs and signals	1	Paying attention to signs and signals Know and understand the meaning of: Stop - bring the bike to a complete halt, red, octagon, spelling Slow - reduce speed, yellow, diamond, spelling Go - begin riding at a safe speed, green, round, spelling Recognize and identify a traffic light
		Hand signals	2	Learn the three major hand signals: left, right, stop
		Riding on the right	2	Learn to ride on the outside right lane during the loop or circle pathway Riding on the right side of sidewalks and greenways
		Right of way	3	What right of way is and how it works
	3.2 Hazards and risk	Why crashes happen	2	How beginning riders typically get hurt on a bike: Riding too fast or too slow Failure to following signs or signals Not paying attention