

Unit 2 overview

Getting ready to ride on paths



Teaching time: 7.5 hours

There are ten lessons in total for this unit. This unit is designed to be delivered in ten 45-minute lessons and the final lesson includes a group ride outside of the school grounds.

Curriculum links

- Interpret maps and other geographical data and information to develop identifications, descriptions, explanations, and conclusions, using geographical terminology including simple grid references, compass direction, and distance (VCGGC076)
- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (VCHPEP090)
- Identify and practise strategies to promote health, safety, and wellbeing (VCHPEP091)
- Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing (VCHPEP096)
- Practise and refine fundamental movement skills in different movement situations in indoor, outdoor, and aquatic settings (VCHPEM097)
- Perform movement sequences which link fundamental movement skills (VCHPEM098)
- Examine the benefits of physical activity and physical fitness to health and wellbeing (VCHPEM100)
- Adopt inclusive practices when participating in physical activities (VCHPEM102)

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 group ride, outside of the school grounds. Bike Ed has been designed to be flexibly incorporated into your school calendar. For example, if you choose to do more than one lesson in a row you could skip the helmet and ABCD check for the second lesson.

This unit includes a final ride outside of the school grounds

You will need to have at least two teachers or volunteers (e.g., a parent) for the first 20 students and one teacher (or volunteer) per 10 students thereafter. At least one teacher or volunteer must be an accredited Bike Ed instructor for the ride. <https://www2.education.vic.gov.au/pal/excursions/guidance/adventure-activities>

Permission forms to allow students to participate in outside bike rides must be returned prior to the ride and a risk assessment must be undertaken and approved.

Lesson	Lesson title	Learning intentions	Activities	Assessment
1	Getting ready to ride on paths	<ul style="list-style-type: none"> To understand the benefits of riding a bike. To understand the importance of bike safety and how to achieve it. To understand how to put on and fit a helmet correctly. To understand how to use the brakes and be able to stop the bike safely. 	<p>Tuning in and introduction. Brainstorming. What do we know about bikes? What do we remember about Bike Ed? Overview of the things learned last time and of the Bike Ed program</p> <p>Activity 1. Bike Ed revision. This includes the benefits of cycling video. Think/Pair/Share and revision worksheets for safety and bike parts.</p> <p>Activity 2. Safety: Putting on helmets correctly. Safe clothing and safe attitudes. Follow the teacher. Work with a partner to check. Two finger method for helmets.</p> <p>Activity 3. Braking demonstration.</p> <p>(Additional) Quicksand game.</p> <p>(Optional) Short ride.</p> <p>Reflection & closure. Who is excited about going outside the school on a group ride in the final lesson? Thumbs up/down/sideways.</p>	<ul style="list-style-type: none"> Assessment of number students who have riding experience. Worksheet with reasons to ride a bike and parts of the bike. Question responses. Post class thumbs up/down/sideways about riding excitement.
2	Review of bike and skills	<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. 	<p>Tuning in activity 1. Safe clothing check. Helmet check. Safe attitude check (try your best, have fun, respect others).</p> <p>Activity 1. Warm up: Quicksand game.</p> <p>Activity 2. Gliding and braking revision. Regaining confidence being on the bike. Push race (without pedaling).</p> <p>Activity 3. Starting. Instruction on power pedal. Students practice single pedal gliding in lanes. Then two and three pedal glides.</p> <p>Activity 4. Straight line riding in lanes.</p> <p>(Additional). Bike games: Hit the spot, using bike control.</p> <p>(Additional). Bike games: Traffic lights.</p> <p>Reflection & closure. Thumbs up/down/sideways for being confident stopping the bike and staying in control.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude. Student demonstrates ability to independently ride the bike from end to end and stop safely. End lesson Thumbs up/down/sideways.

Lesson	Lesson title	Learning intentions	Activities	Assessment
3	Bike skills	<ul style="list-style-type: none"> To know how to check that the bike is ready to ride safely. To be able to make confident turns whilst riding. To control the bike in the vicinity of other road users. To make safe decisions on the bike in the vicinity of other road users. 	<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. Warm up game: Tortoise race</p> <p>Activity 3. Turning. Explanation whilst walking the bike through a slalom course. Then slalom turning in lanes.</p> <p>Activity 4. Figure 8 riding. Walk through the course, with instruction on giving way and picking gaps in traffic. Less confident riders practicing outside the course.</p> <p>(Additional). Bike games: Minefield.</p> <p>Reflection & closure. Thumbs up/down/sideways for feeling confident riding in the Figure 8.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student can control the bike when turning. Student demonstrates ability to give way to traffic and safely pick gaps. End lesson thumbs up/down/sideways. Answers to teacher questions.
4	Group riding	<ul style="list-style-type: none"> Understand and can use gears to a basic level. Beginning to ride confidently in a group. To begin demonstrating the on-road skills, such as head checks and signaling. 	<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. Explanation of gears. Gear practice in straight line riding.</p> <p>Activity 2. Figure 8 riding. Practice giving way in the intersection.</p> <p>Activity 3. Group riding: Explain spacing and walk through first. Then follow the leader. Stopping intermittently to teach head checks, communication and signaling.</p> <p>(Additional). Bike games: Minefield.</p> <p>Reflection & closure. Thumbs up/down/sideways for being confident riding in a group.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates bike skills in ordered activities. End lesson thumbs up/down/sideways.
5	Road rules and hazards	<ul style="list-style-type: none"> Can recall and understand road rules related to cycling. Understands hazards and can identify potential hazards on footpaths and bike paths. To understand how to react to hazards to reduce danger. 	<p>Tuning in activity 1. Road rules brainstorm and discussion.</p> <p>Activity 1. Road rules discussion. Worksheet on signs and basic road rules.</p> <p>Activity 2. Video of hazards from the bike rider's point of view. Students identify hazards from a real-life ride on shared paths</p> <p>Activity 3. Worksheet on identifying hazards. In these scenes, what are the potential hazards, and how might they become dangerous? Draw in and describe other hazards that you might see on a blank path scene.</p> <p>Reflection & closure. Thumbs up/down/sideways for being able to identify a hazard and know how to scan for it.</p>	<ul style="list-style-type: none"> Hazard brainstorming activity. Worksheet on road rules, hazard identification and evasion. Hazard perception simulator. End lesson thumbs up/down.

Lesson	Lesson title	Learning intentions	Activities	Assessment
6	Intersections	<ul style="list-style-type: none"> Understands what to do when faced with a variety of intersections. Can pick safe gaps in traffic with other bike riders and road users. 	<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: Bean bag drop</p> <p>Activity 2. Quick revision of road rules. Stop signs, Give-way signs and giving way to others.</p> <p>Activity 3. T-intersections. Walk through a setup intersection, explaining where to stop and where to give way to. Students will walk or ride slowly through this intersection, giving way where required.</p> <p>Activity 4. Cross-intersections. Walk through a setup intersection, explaining where to stop and where to give way to. Students will walk or ride slowly through this intersection, giving way where required.</p> <p>Activity 5. Game: Musical bikes.</p> <p>(Additional). Unsigned intersections. Walk through a setup intersection, explaining where to stop and where to give way to. Students will walk or ride slowly through this intersection, giving way where required.</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence knowing what to do at an intersection.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Student demonstrates the ability to negotiate an intersection, with guidance. End lesson thumbs up/down.
7	Intersection and riding practice	<ul style="list-style-type: none"> To be able to negotiate an intersection and make choices independently. To gain confidence riding with other bike riders and managing hazards. 	<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. Long roll</p> <p>Activity 2. Road rules and intersection revision.</p> <p>Activity 3. Practice on the intersection practice course. Course will include a both T and cross intersections. Students can ride freely within the course, negotiating the intersections as they arrive at them.</p> <p>Activity 4. Game: Musical bikes.</p> <p>(Additional) Traffic lights: following the leader.</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence knowing what to do at an intersection.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Teacher observation of negotiating multiple intersections with other road users. End lesson thumbs up/down. Response to end of class questions and scenarios.

Lesson	Lesson title	Learning intentions	Activities	Assessment
8	Group skills and games	<ul style="list-style-type: none"> Can negotiate an intersection confidently and make choices independently. Build confidence riding with other road/path users and manage the space around them. 	<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. Traffic light riding</p> <p>Activity 2. Group riding: Snake riding. Follow the leader (with gap negotiation)</p> <p>Activity 3. Practice riding independently on the intersection practice course. Course will include a both T and cross intersections. Students can ride freely within the course, negotiating the intersections as they arrive at them.</p> <p>Activity 4. Game: Ride the gauntlet</p> <p>Activity 5: Game: Fetch by numbers</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence being able to ride around others.</p>	<ul style="list-style-type: none"> Teacher observation of clothing, helmet, attitude and ABCD check. Teacher observation of negotiating multiple intersections with other road users. End lesson thumbs up/down. Response to end of class questions.
9	Route planning and hazards	<ul style="list-style-type: none"> Understands the route being taken and the riding environment. Can foresee potential hazards prior to a bike trip. Gain familiarity with the upcoming class ride route. 	<p>Tuning in activity 1. Explain the class ride occurring next class. Class brainstorming the important things we need to remember when riding the bike outside class.</p> <p>Activity 1. Take a 'virtual ride' of the community ride route on Google Street View by following the map. Print out a map of the local area with students identifying potential hazards.</p> <p>Activity 2. Video from rider point of view. Note potential hazards. Follow up with the video which shows the same scene with potential hazards to scan.</p> <p>Activity 3. Hazards worksheet, scanning for potential hazards and identifying hazards.</p> <p>(Addition) Follow the leader: Practice for the class rider next lesson.</p> <p>Reflection & closure. Thumbs up/down/sideways for confidence knowing the hazards for the community ride.</p>	<ul style="list-style-type: none"> Brainstorming list. Completed maps and hazard worksheet. End lesson thumbs up/down.
10	Group ride	<ul style="list-style-type: none"> Can apply bike skills in an off-road environment. Gains an initial understanding of an on-road riding. Can follow instructions and work as part of a group. 	<p>Tuning in activity 1. Helmet check. ABCD check.</p> <p>Tuning in activity 2. Brief warm up game: Tortoise ride</p> <p>Activity 1. Pre-ride briefing.</p> <p>Activity 2. Group ride outside school.</p> <p>Activity 3. Debrief. What did you learn from the ride? What did you learn from the program?</p> <p>Activity 4. Present licences for successfully completing Bike Ed Unit 2.</p> <p>Reflection & closure. Thumbs up/down/sideways for whether they are a better/more confident bike rider now compared with before the program.</p>	<ul style="list-style-type: none"> Teacher observation of helmet check and ABCD check. Observations from each of the teachers on the ride. Debriefing. Questions and responses from students. End lesson thumbs up/down.

