

Unit 4 overview

Riding independently



Teaching Time: 6 hours

There are eight lessons in total. This unit is designed to be delivered in six 45-minute lessons and two group rides (45-minute and 90-minute total time)

Curriculum Links

- Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
- Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)
- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)
- Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)
- Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (VCHPEM136)
- Practise and apply personal and social skills when undertaking a range of roles in physical activities (VCHPEM139)

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 a row you could skip the helmet and ABCD check for the second lesson.

This unit includes two group rides 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	Setting out Bike Ed and riding stations (part 1)	<ul style="list-style-type: none"> To understand the road safety context for riding, including the road rules affecting bike riders. To understand how to correctly fit helmets and conduct a bike check, as well as understand their importance. To work independently to improve bike riding skills and confidence. 	<p>Tuning in activity. Non-bike warm up game: Octopus.</p> <p>Activity 1. Brain storming bikes and benefits. What do we know about bikes? Pathway to community ride outside school. Revision of important bike related road rules.</p> <p>Activity 2. Revision: helmets, ABCD check, clothing, parts of the bike.</p> <p>Activity 3. Straight line and slalom riding.</p> <p>Activity 4. Riding stations.</p> <p>Set up and walkthrough the seven riding stations. Separate students into 7 different groups. Each group will rotate through two of the riding stations in Lesson 1 and the remaining five in lesson 2 (7 station rotations in total). Use the riding station activities for lesson 1 and 3 guide.</p> <p>Find your bike buddy and hand out the self-assessment sheets.</p> <p>Five minutes at each station. (Two stations rotations to be completed this lesson)</p> <ol style="list-style-type: none"> Slow ride – Record maximum time to complete 10m ride. Single push – Record maximum distance completed with a single push Slalom – Record minimum distance between cones without touching Catch the ball – Count number of times you can catch a small ball or beanbag whilst riding (thrown by a partner in a 10m ride). Hit the spot – Record number of spots hit within the area without going out of bounds. Straight line riding – Record maximum distance covered without leaving the line on the ground. Stop and go – Rider will ride into a 2m x 2m box, come to a complete stop and ride off without touching the ground. <p>Reflection & closure. Questioning on learning intentions. Thumbs up/down/sideways for enthusiasm for Bike Ed.</p>	<ul style="list-style-type: none"> Road rules questions. Teacher observation of helmet check and ABCD check. Student self-assessment sheets. End lesson thumbs up/down. Responses to learning Intention questions.

Lesson	Lesson title	Learning intentions	Activities	Assessment
2	Riding stations (part 2) and pre-intersections	<ul style="list-style-type: none"> To work independently to improve bike riding skills and confidence To be able to assess one's strengths and weaknesses as a bike rider. To begin to understand basic road concepts like priority. 	<p>Tuning in activity. Helmet check. ABCD check.</p> <p>Activity 1. Warm up activity: Minefield.</p> <p>Activity 2. Quick reminder walkthrough of each station (7 in total). Find your bike buddy and self assessment sheets. Five minutes at each station. Complete five remaining stations this lesson. Use the riding station activities for lesson 1 and 3 guide.</p> <p>Activity 3. Sharing the road. Brief discussion about basic road rules and the concept of giving way to others.</p> <p>Activity 4. Figure 8 riding.</p> <p>Reflection & closure. Raise hands to indicate the easiest and most difficult stations. Reflection: What do you need to work on?</p>	<ul style="list-style-type: none"> Teacher observation of helmet check and ABCD check. Student self-assessment sheets. Class responses to questions. Student reflection.
3	Intersections	<ul style="list-style-type: none"> To understand the road safety context for riding, including the road rules affecting bike riders. 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. Helmet check. ABCD check.</p> <p>Activity 1. Short bike game: Slow ride</p> <p>Activity 2. T-intersection walkthrough and practice.</p> <p>Activity 3. Cross-intersection and roundabout walkthrough and practice.</p> <p>Activity 4. Unsignalised intersection and roundabout walkthrough and practice.</p> <p>Extra. Intersection course.</p> <p>Reflection & closure. Thumbs up/down/sideways for understanding requirements at each intersection.</p>	<ul style="list-style-type: none"> Teacher observation of helmet check and ABCD check. Teacher assessment of student decision making at the intersection. End lesson thumbs up/down. Response to teacher questions.
4	Intersections and road skills	<ul style="list-style-type: none"> To gain confidence riding with other bike riders and managing hazards. To work independently to improve bike riding skills and confidence. To understand how to make safe movements into and along roads. 	<p>Tuning in activity. Helmet check. ABCD check.</p> <p>Activity 1. Warm up riding activity. Figure 8 riding.</p> <p>Activity 2. On road safety (observations out on the road):</p> <ul style="list-style-type: none"> - Turning right (3 different options) - Car dooring - Safely entering the road <p>Activity 3. Intersection course.</p> <p>Reflection & closure. What did you learn from watching traffic? Reflection: What do you need to work on?</p>	<ul style="list-style-type: none"> Demonstration of safe cycling behaviours. Class responses to questions.

Lesson	Lesson title	Learning intentions	Activities	Assessment
5	Riding stations (part 3)	<ul style="list-style-type: none"> To work independently to improve bike riding skills and confidence To be able to assess one's strengths and weaknesses as a bike rider. 	<p>Tuning in activity. Helmet check. ABCD check.</p> <p>Activity 1. Warm up game: Minefield</p> <p>Activity 2. Quick walkthrough of each station (five in total). Find your bike buddy and self assessment sheets. Five minutes at each station. Complete five stations this lesson.</p> <p>a) Paper drop – Record the number of balls dropped into bins/ hoops without dropping any.</p> <p>b) Chicane – Record the minimum diameter of a full 180 degree turn made.</p> <p>c) Track stand – Record the maximum time standing still on the bike without putting a foot on the ground.</p> <p>d) Braking – With a 10m run up, record the time taken after crossing the line until the stop line, 3m on. Must stop exactly on the line to count.</p> <p>e) Overtake – Record the number of times the pair overtake each other (must pass on the right) within 20m.</p> <p>Reflection & closure. Raise hands to indicate the easiest and most difficult stations. Reflection: What do you need to work on?</p>	<ul style="list-style-type: none"> Teacher observation of helmet check and ABCD check. Student self-assessment sheets. Class responses to questions. Student reflection.
6	Maintenance and group riding skills	<ul style="list-style-type: none"> Understands the importance of, and can undertake, basic maintenance of a bike. Understands the steps required to change a bike tyre. To be able to ride safely in a group of bike riders. 	<p>Activity 1. Bike maintenance, in groups led by teacher (or older students):</p> <ul style="list-style-type: none"> Cleaning the bike Cleaning and oiling chain Adjusting seat Checking tyre pressure <p>Activity 2. Helmet check. ABCD check.</p> <p>Activity 3. Signaling and voice commands as a group.</p> <p>Activity 4. Riding single file and in pairs. Walkthrough switching between single file and pairs. Follow the leader group practice.</p> <p>(Addition) Game: Tortoise race.</p> <p>(Addition) Bike maintenance: Changing a bike tyre</p> <p>Reflection & closure. Questions about learning intentions. Thumbs up/down/sideways about maintenance and tyre changing. Distribute a route map for the group rides to students.</p> <p>Administration for next lesson: Collect permission slips from students. Risk assessment to be completed and approved by the school.</p>	<ul style="list-style-type: none"> Teacher assessment of maintenance activities. Teacher observation of helmet check and ABCD check. End lesson thumbs up/down/sideways. Class responses to questions.

Lesson	Lesson title	Learning intentions	Activities	Assessment
7	Short group ride	<ul style="list-style-type: none"> • Can apply bike skills in a low traffic 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>Activity 1. Warm up game: Intersection course</p> <p>Activity 2. Pre-ride briefing and group ride (outside school).</p> <p>Activity 3. Debrief. What surprised you and what was interesting? What hazards were there and how did you deal with them?</p> <p>Reflection & closure. What surprised you and what was interesting? What hazards were there and how did you deal with them? Thumbs up/down/sideways for confidence doing the next community ride.</p>	<ul style="list-style-type: none"> • Teacher observation of helmet check and ABCD check. • Teacher observations from ride. • Debriefing. Student thoughts. • End lesson thumbs up/down/sideways.
8	Long group ride	<ul style="list-style-type: none"> • Can demonstrate bike skills and hazard perception in an on-road environment. • To plan and practise strategies to promote health, safety and wellbeing. 	<p>Tuning in activity 1. Helmet check. ABCD check.</p> <p>Activity 1. Warm up game: Snake Riding.</p> <p>Activity 2. Pre-ride briefing and group ride outside school.</p> <p>Activity 3. Debrief. Written reflection. What did you learn from the ride? What did you learn from the program?</p> <p>Reflection & closure. Student written reflection. 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. • Teacher observations from ride. • Written reflection. • End lesson thumbs up/down.