

Year Level: Years 7 and 8

Unit 4: Riding independently

Riding station activities (for Lesson 5)





Date:

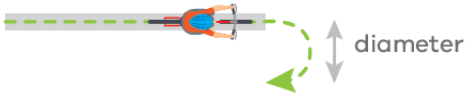
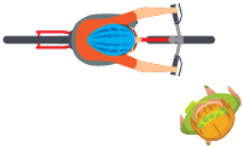
Name:

Partner:

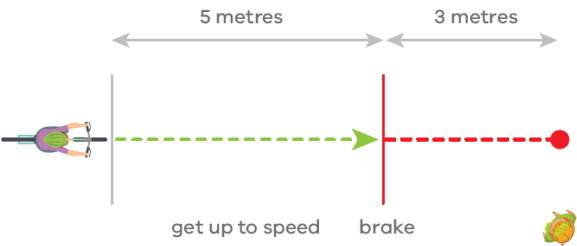
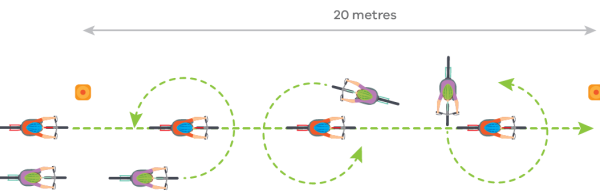
Approach

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>Paper drop</p>  <p>10 metres</p> <p>Safety</p> <ul style="list-style-type: none"> Partner stays a safe distance away. Stop riding once a ball or bean bag hits the ground. 	<p>Instructions</p> <p>The aim of this activity is to carry the greatest number of bean bags or tennis balls from the start line to the bucket or hoop without dropping or missing any.</p> <ul style="list-style-type: none"> Set up the start line 10 metres away from a bucket or hoop. At the start line there should be several different balls and bean bags. The rider must carry as many of the balls/bean bags as possible in a single try and place/drop them in the hoop/bucket before returning to the start line. If any of the balls are dropped or miss the target bucket, then the dropped balls will not count as a score. The partner will count the balls in the bucket and enter the result into the self assessment sheet. 	<p>Your best run:</p> <div data-bbox="1803 941 2016 1157" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's best run:</p> <div data-bbox="1803 1212 2016 1428" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Bags/balls</p> <p>Bags/balls</p>

Station	Preparation and resources	Learning activities	Result	
2	<p>Chicane</p>  <p>Safety Partner stays a safe distance away</p>	<p>Instructions</p> <p>The aim of this activity is to do the smallest diameter turn.</p> <ul style="list-style-type: none"> • Set up a straight starting line with cones to the side at 0.5 metre intervals up to 3 metres. • The rider must ride directly along the starting line and then turn to go around the cone 3 metres away to make a turn of 3m diameter. • If they are successful, they will attempt next closest (2.5 metres), and so on until they cannot complete the turn. • The partner will measure the tightest turn made and enter the result into the self-assessment sheet. 	<p>Your smallest turn:</p> <div data-bbox="1805 148 2018 363" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's smallest turn:</p> <div data-bbox="1805 419 2018 635" style="border: 1px solid black; height: 135px; width: 95px;"></div>	<p>Metres</p> <p>Metres</p>
3	<p>Track stand</p>  <p>Safety</p> <ul style="list-style-type: none"> • Keep the area free of obstructions • Ensure that the partner is close by as a spotter to prevent any major falls. 	<p>Instructions</p> <p>The aim of this activity is to stay stationary on the bike for the longest amount of time without moving.</p> <ul style="list-style-type: none"> • Set up the bike in a clear area away from obstructions. • The rider must stay on the bike without placing a foot on the ground. • The partner will use the stopwatch to time how long the rider was able to remain stationary and enter the result into the self-assessment sheet. • The partner will also act as a spotter, helping to protect the rider from falling. 	<p>Your longest time:</p> <div data-bbox="1805 699 2018 914" style="border: 1px solid black; height: 135px; width: 95px;"></div> <p>Partner's longest time:</p> <div data-bbox="1805 970 2018 1185" style="border: 1px solid black; height: 135px; width: 95px;"></div>	<p>Seconds</p> <p>Seconds</p>



Station	Preparation and resources	Learning activities	Result
4	<p>Braking</p>  <p>5 metres 3 metres</p> <p>get up to speed brake</p> <p>Safety</p> <ul style="list-style-type: none"> • Keep the area free from obstacles. • Partner stays a safe distance away. • Non-slip markings for the dot. 	<p>Instructions</p> <p>The aim of this activity is to take the least amount of time to stop, whilst ensuring that you stop with the front tyre exactly on the dot.</p> <ul style="list-style-type: none"> • Set up will be two lines 5 metres apart, then a dot (tape on the ground) 3 metres past the second line. • The rider must start at the first line and gain speed for the first 5 metres, After the rider crosses the next line, the rider must stop pedaling. A dot is placed 3 metres beyond this line and the rider must come to a complete stop with the front tyre on this dot. If the bike stops directly on the dot, the time that the whole journey (from start line to dot) is recorded. If the rider does not stop on the dot, then no time is recorded. • The partner will record the time taken from the start until the stop, then judge if the bike stopped on the dot and enter the result into the self-assessment sheet. 	<p>Your best time:</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> <p>Partner's best time:</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> <p style="text-align: right;">Seconds</p> <p style="text-align: right;">Seconds</p>
5	<p>Circles</p>  <p>20 metres</p> <p>Safety</p> <ul style="list-style-type: none"> • Keep the area free of obstructions • Only one group on the course at a time. 	<p>Instructions</p> <p>The aim of this activity is for the rider and their partner to overtake each other (by circling each other) the greatest number of times in 20 metres.</p> <ul style="list-style-type: none"> • Set up with two cones 20 metres apart. Both students start side by side at one end and both will finish at the other cone, 20 metres away. • The riders must start next to each other. One 'circle' is when on ride completes a full revolution around the other, whilst both are moving forwards towards the finish line. • The partner will do the same thing and both riders will enter the result into the self-assessment sheet. 	<p>Your group's best run</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> <p style="text-align: right;">Overtakes /circles</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?

