



Aus
Bike

AUSBIKE FOR SCHOOLS

AUSCYCLING'S OFFICIAL BIKE EDUCATION
PROGRAM FOR SCHOOLS





INTRODUCING AUSBIKE

AusBike is Australia's national bike education program, designed to give kids aged 5 to 12 years the essential skills to experience the freedom, fun and adventure of life on two wheels!

Designed specifically for schools, AusBike offers flexible delivery options to suit different school environments, timetables and levels of support. So, whether you're introducing bike education for the first time or building on an existing program, AusBike makes it easy to help students learn to love life on two wheels.

The AusBike program is fun, interactive and progressive. With a focus on developing fundamental skills, safety and confidence, kids will work their way through a number of core skills.



AN EVIDENCE-BASED PROGRAM

AusBike is based on the CORE4Skills™, an evidence-based framework for developing, practicing, and embedding fundamental bike skills.

The core skills are:

1

MODULATION

Understanding the required amount of functional body engagement to complete a skill - for example, how much pressure to apply on the brakes to stop within three metres from a high speed.

2

DYNAMIC WEIGHT TRANSFER

The ability to position the body appropriately to manoeuvre the bike – for example, shifting the bike using your weight to control the bike movement.

3

STATIC BALANCE

The ability to be able to maintain control of the bike, with minimal movement. In real life, this could look like waiting at traffic lights or doing a trail check before riding the trail.

4

SITUATIONAL APPROPRIATENESS

The ability of the rider to make the appropriate choice, action and reaction to the situation - for example, being able to control the bike over various types of terrain and conditions.

AusBike is proudly designed, developed and delivered by AusCycling, Australia's national sports organisation for all forms of cycling and riding. The program has been developed with the support of the Australian Government through the Australian Sports Commission.

AusBike's school programs have been developed with support from ACPHER - the Australian Council for Health, Physical Education and Recreation - ensuring alignment with the National School Curriculum.

SCHOOL PROGRAM OPTIONS

AusBike offers three flexible delivery options, allowing schools to choose the level of support that suits their staff, students and environment best.

COACH DELIVERED

A fully supported option delivered by accredited AusCycling coaches.

Our coaches take care of program delivery, creating a safe and engaging learning experience for students while keeping workload for school staff at a minimum.

Perfect for schools that:

- Are introducing bike education for the first time
- Have limited staff capacity
- Want a fully supported experience

COACH SUPPORTED

An accredited AusCycling coach **works alongside school staff** to deliver the program.

This option helps schools build confidence and capability while providing the support needed to deliver a successful bike education program.

Perfect for schools that:

- Want support getting started
- Are building staff confidence
- Plan to continue delivering bike education in the future

TEACHER DELIVERED

Schools deliver AusBike independently using accredited teachers, structured lesson plans and ongoing support.

This option provides maximum flexibility and supports long term delivery within the school environment.

Perfect for schools that:

- Have confident staff
- Want flexibility around delivery
- Are building a long-term bike education program

NEED HELP?

For help choosing the right delivery option for your school, get in touch with the AusCycling team on ausbike@auscycling.org.au.

EQUIPMENT

AusBike Kitbag

The AusBike Kitbag gives schools everything they need to deliver their own AusBike program with confidence. Designed to support teacher-led delivery, the kitbag includes the practical resources and equipment needed to create fun, structured and engaging bike education sessions for students.

School Bikes

Our school bike packages include a range of high-quality Merida bicycles in different sizes, helping schools cater for students across a wide range of ages, heights and riding abilities. From 20-inch junior bikes through to larger 24-inch and 26-inch options, the bikes are selected to be durable, easy to handle and well suited to school environments. Features such as lightweight alloy frames, reliable brakes, simple gearing and comfortable geometry help students build confidence while giving teachers dependable equipment for repeated program delivery.

Each bike is professionally assembled by qualified mechanics at a local bike shop close to your school, making the process simple: once the bikes are built and checked, teachers can collect them locally and get riding sooner.

Helmets

Student safety comes first, which is why schools can also access Australian Standard-approved helmets designed for young riders. Available to support class-based delivery, these helmets are a practical, comfortable and reliable option for protecting students' heads while they learn new skills, practise safe riding and enjoy the AusBike experience.



AUSBIKE INSTRUCTOR TRAINING

Cost: FREE

The AusBike Instructor training will introduce you to worldwide recognised best bike education Instructor practices.

The course is aimed at club and community members, parents and teachers who want to help build and develop beginner level bike riders (aged 5 -12) to improve their bike riding skills.

Course content includes:

- Managing group and individual behaviours
- Risk management
- Core4Skills™ fundamental skill development
- Basic bike and helmet setup

At the completion of the course, AusBike Instructors will be able to deliver AusBike sessions in a controlled environment (eg school grounds, open space such as an oval, netball/ basketball court, indoor venue and bike paths).

AusBike Instructor Training pre-requisites:

- Age 16 years or older
- Current AusCycling membership
- Current Working with Children Check
- A first aid certificate is no longer a requirement for the accreditation but a First Aider is required to run the program
- A **PlayBuilder** account to access lesson plans, games, and rubric assessments

What does the course involve?

The AusBike instructor course is a flexible program that consists of two stages:

- **Theory-based Online Modules:** Learn about managing group and individual behaviours, risk management, Core4Skills™ development, and basic bike and helmet setup - all at your own pace.
- **AusBike Instructor Quiz:** A 11 question multiple choice assessment designed to test the practical understanding of the roles and responsibilities of an AusBike Skills Instructor. The scenario-based questions are focussed on your ability to handle real-life situations, manage safety, and teach the Core4Skills™.

For any enquiries, please email coaching@auscycling.org.au

For further information or to register for training,
visit ausbike.au/ausbike-instructor-training



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