



Government of Western Australia  
Department of Transport  
and Major Infrastructure

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**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!

The program has been designed by expert coaches and is delivered in a variety of settings around the country by accredited instructors. AusBike caters for kids with all levels of bike riding experience – whether they're just off training wheels, or further down the track with their cycling journey.

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.

# PROGRAM STRUCTURE

The standard delivery model for school-based bike education is the AusBike 4-week course. Each class receives four sessions of 45 to 60 minutes in duration, designed to progressively build student knowledge, confidence, and practical cycling skills.

Sessions are capped at a maximum of 30 students to ensure safety and allow for effective group management. All sessions are delivered exclusively by accredited instructors to maintain high standards of delivery and child safety. AusCycling encourages students to bring their own bikes and helmets, however if this is not possible, contact AusCycling regarding options for borrowing equipment.

The Progressive program includes the following content.  
(Schools may request higher level skills if they already have learn to ride experience).

## **Session 1:** Introduction to fundamental riding skills

- Skill acquisition
- Game sense approach
- On and off bike activities

## **Session 2:** Extend the development of skills

- Skill implementation and confidence building
- Game sense approach

## **Session 3:** Application of Skills

- Explore current competency of skills through various challenges
- Game sense approach

## **Session 4:** Embedding of skills

- Road safety knowledge
- Game sense approach

## EXTREME WEATHER POLICY

Weather conditions must be assessed and monitored via the Bureau of Meteorology:

- in the days leading up to the activity
- on the day of the activity
- throughout the activity.

Cycling activities are not to be undertaken in any area where high alert weather conditions are forecast and or any area where the fire danger rating is extreme or above.

In the event of wet weather, AusCycling will make every effort to continue program delivery where a suitable undercover area is available and safe for use. Programs may be adapted to suit the conditions, with a focus on maintaining student engagement and achieving core learning outcomes.

Where an appropriate undercover space is not available, AusCycling will seek to reschedule the impacted session in consultation with the school. Every effort will be made to identify a suitable make-up date within the same term.

If rescheduling is not feasible due to logistical or calendar constraints, the affected session will be cancelled. In such cases, the Department of Transport WA will be notified at the earliest opportunity to facilitate any necessary adjustments to program reporting and funding allocations.

The school's Teacher-in-charge must make the final decision on cancelling a program in line with the Department of Education's policy.

# BIKE HIRE

We encourage students to bring and use their own bikes wherever possible, as this supports ongoing skill development and confidence.

If a student does not have access to a suitable bike, AusCycling can provide a loan bike for use during the program. Up to 10 bikes (in age-appropriate sizes) can be supplied per school.

Loan bikes will remain on site for the duration of the four-week program, with storage to be arranged by the school. There is no additional cost for this service as it is included as part of the Your Move program.

Bike hire must be requested as part of the initial booking process and indicated on the Booking Form.

## SUPERVISORY TEAM REQUIREMENTS

AusCycling will always provide two Qualified Supervisors (accredited AusBike Instructors) for each program. In addition, the school is responsible for ensuring that the overall supervisory team meets the Department of Education's requirements, as outlined in the table above. This may include providing additional staff or assistants to achieve the required ratio of supervisors to students.

Schools must acknowledge that they will meet these supervisory requirements when making a booking.

## DEPARTMENT OF EDUCATION REQUIREMENTS

To support schools in meeting the Department of Education's External Provider requirements, AusCycling will supply the necessary documentation and guidance. These resources are designed to make the process straightforward and ensure all compliance obligations are met. The documents can be accessed [HERE](#).

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