

Ausbike – Yr 1 & 2 Progressive Program

Week 1:

Curriculum Codes:

ACPMP025, ACPPS023, ACPMP028,
ACPMP031, ACPPS015, ACPPS018

Lesson 1 Overview:

Introduction to Fundamental Riding Skills

- Skill Acquisition
- Gamification of Skills
- On and Off bike balance activities

Week 1:
Helmet 2-2-2
ABCDE bike check
Warm up: (off bike) Helmet Relay
Bike Twister
3-Step Balance to Ride Skill
-Balance to Ride
-Power to Ride
-Control to Ride
Game: Hop on/off Balance
Game: Hop on/off Power
Relay: Hop on/off
Balance and Jump (off bike)
Core Skill: Controlled Brake
Bean Bag Throw (off bike)
Bean Bag Throw (on bike)
Relay: Ride – Run – Hop Relay
Slow Race
Review



Yr 1 & 2 Lesson plan 1 – 60 mins

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	Introduction	AusBiKe Overview of Methodology. Outline the session rules, boundaries, and safety procedures. Explain how to ride in groups and how to stay safe when on the bike.	Welcome riders	Where has your bike taken you?
	2-2-2 Helmet Fitting	Correctly fit the helmet to all riders, making sure size is appropriate and straps are done up correctly. Use the 2-2-2 method. Kids can pair up to check each other's helmet. 2 fingers above the eyebrows, 2 fingers in V-shape around the ears, 2 fingers under the chin. Can do the shake test with strap undone.	2-2-2 method Correct position on forehead, correct position around ears, correct position under chin. Shake Test with straps undone.	Is your helmet the right size? Are your straps tight?
	ABCDE Bike Check – bike safety check	ABCDE Bike check. Air, Brakes, Chain, Drop, End Plugs. Perform these checks with the whole group and help the riders learn how to check these key safety areas on the bike.	ABCDE Check your bike and your partner's bike	Are your tyres pumped up? Does your chain spin freely? Do your brakes work? Does your bike rattle? Do you have End plugs?
	Helmet Relay	Riders stand in front of their bikes lining up along one line, helmets on the ground. When coach says 'go', riders run towards the end line or cones and back. Riders fit their helmets using the 2-2-2 method. Riders mount bike and wait in the power position. Once in power position on bike, rider shouts their name.	2-2-2 method Power position	How fast can you take off your helmet? Can you clip your helmet up correctly?
	Bike Twister	Get to know your bike parts. When the coach calls out a bike part, place the required body part (arm, leg or head) onto the selected bike part. Continue playing until you have no more body parts left to use or you become twisted.	Get to know your bike parts before you ride.	How tangled can you get? Can you stay upright?
10min	3-Step Balance to Ride Skill -Balance to Ride -Power to Ride -Control to Ride	<i>Balance</i> – Start at the end of coned area or court, feet on the floor, do 4 pushes with your feet and then put feet on pedals and glide to the end. <i>Power</i> – Start at the end of coned area or court; in power position then pedal; glide towards the other end. <i>Control</i> – Start at the end of coned area or court, in power position then pedal to cone, stand up and freewheel around court until you must put your feet down. Stand next to that point and see if you have made the furthest in your group.	Practice your balance Eyes looking forwards Power position Neutral body position Hands covering the brakes Practice you Control	How well can you control your bike? Can you stand up and ride?
15min	Hop on/off Balance	Hop on/off Balance: Set up cones from the start point at 3m, 10m, 3m. Start by walking next to your bike towards the first cone. Keep one hand covering a brake for safety and control. When you reach the cone, mount your bike and push with your feet towards the next cone. When you reach the next cone, come to a controlled stop and dismount your bike. Walk to the finish line and repeat skill.	Balance on your bike. Eyes looking forwards Hands covering the brakes	Can you test your brakes? Practice stopping with only one brake at a time.
20min	Hop on/off Power	Hop on/off Power: Set up cones from the start point at 3m, 10m, 3m. Start by walking next to your bike towards the first cone. Keep one hand covering a brake for safety and control. When you reach the cone, mount your bike and power off from the power position towards the next cone. When you reach the next cone, come to a controlled stop and dismount your bike. Walk to the finish line and repeat skill.	Power Position Neutral body position. Hands covering the brakes. Eyes looking forward. Controlled braking.	How well can you hop on/off your bike? Can you do this fast, but safely?

Yr 1 & 2 Lesson plan 1– 60 mins [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
	Game: Hop on/off Relay	Set out cones from a start point at 3m, 10m, 3m. Line up in your team. Start by walking next to your bike towards the first cone. Keep one hand covering a brake for safety and control. When you reach the cone, mount your bike and power off from the power position towards the next cone. When you reach the next cone, come to a controlled stop. and dismount your bike. Turn your bike around and repeat the process on the way back. Your teammate can start once you have completed the course. Will your team be the first to complete the whole course?	Power Position Neutral body position. Hands covering the brakes. Eyes looking forward. Controlled braking.	How fast can you be? How balanced can you stay on the bike?
25min	Balance and Jump (off bike)	Balance on one leg and try to maintain your balance for 10seconds. Swap sides and repeat with the other leg. With two feet, jump forward and land as far as you can. With two feet together, do ski jumps from side to side. over a painted line or object in front of you.	Focus on a still object. Stand tall and hold your balance. Brace your core.	How well can you balance?
30min	Core Skill: Controlled Brake	> Push off with feet, balance in a straight line towards end cones 15m away and stop with both brakes. > Riders can ride in a straight-line at walking pace and perform a controlled brake to stop inside a box 3.5m x 3.5m in diameter without skidding. > Riders can ride in a straight-line at jogging pace and perform a controlled brake to stop inside a box 3.5mx3.5m in diameter without skidding. > Riders can ride in a straight-line at jogging pace and perform a controlled brake to stop inside a box 3m x 3m in diameter without skidding.	Use both brakes firmly to stop. Control the braking to avoid skidding. Eyes looking forwards. Neutral Body Position.	Can you brake safely at speed with both brakes? How well can you control your brakes?
40min	Game: Bean Bag Throw (off bike)	Balance on only one leg and brace your core to stay balanced. Pick up a bean bag. Throw a bean bag into a target 3m away. Repeat the bean bag throw on the opposite leg	Balance on only one leg and brace your core. Pick up a bean bag. Throw a bean bag into a target 3m away. Repeat the bean bag throw on the opposite leg.	Can you work together in small groups? How quickly can you make decisions?
	Game: Bean Bag Throw (on bike)	Start in power position, power off in a straight line towards the end cone. 10m away. Stop with both brakes, pick up a bean bag from the cone. Throw a bean bag into a target 3m away. Stay on the bike and brace your core to stay balanced. Power off back to the start.	Brace your core. Eyes looking forwards. Balance and keep your body stable. Big throw into the target.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
50min	Ride – Run – Hop Relay	A relay race between cones 20, 15 & 10m apart. Split group into even teams, then once in a single-file line, select the team members to Ride (20m), Run (15m), Hop (10m) in that order. First riders power off to complete the ride, then tag the next person who will run second. After the third person has hopped, the next person will ride again. Repeat process until all team members have completed one turn. Make it fun, fast and challenging to improve balance, coordination and skills on and off the bike.	Brace your core. Eyes looking forwards. Balance and keep your body stable. Hands covering the brakes.	Can you stop safely and collect a bean bag? Can you drop the bean bag into the 'drop zone'?
55min	Slow Race	Ride in a straight line across a basketball court as slowly as possible. Maintain your balance and keep your eyes looking forwards. Last rider to reach the finish line is the winner.	Power position. Neutral body position. Eyes looking forwards. Hands covering the brakes. Ride as slowly as you can.	Can you hit the target on the bike?
60min	Wrap up and Review	Review session content and provide feedback.	Practice makes perfect. Keep trying new skills.	What did you learn today? How do brakes help you to stop? Why do we use a controlled brake?

Ausbike – Yr 1 & 2 Progressive Program

Week 2:

Curriculum Codes:

ACPMP025, ACPPS023, ACPMP028,
ACPMP031, ACPPS015, ACPPS018

Lesson 2 Overview:

Extend the development of Skills

- Skill implementation and confidence building
- Gamification of Skills

Week 2:
Helmet 2-2-2
ABCDE bike check
Helmet Relay
Bike Rock
Game: 'Instructor Says'
Core Skill: Weight Transfer
Straight Line Bike Limbo
Game: Brake Play
Relay: Bean Bag Drop and Collect
Game: One-Eye Target
Game: Bean Bag Group Balance
Game: Follow the Leader
Review

Yr 1 & 2 Lesson plan 2 – 60 mins

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	Introduction	AusBiKe Overview of Methodology. Outline the session rules, boundaries, and safety procedures. Explain how to ride in groups and how to stay safe when on the bike.	Welcome riders	Where has your bike taken you?
	2-2-2 Helmet Fitting	Correctly fit the helmet to all riders, making sure size is appropriate and straps are done up correctly. Use the 2-2-2 method. Kids can pair up to check each other's helmet. 2 fingers above the eyebrows, 2 fingers in V-shape around the ears, 2 fingers under the chin. Can do the shake test with strap undone.	2-2-2 method Correct position on forehead, correct position around ears, correct position under chin. Shake Test with straps undone.	Is your helmet the right size? Are your straps tight?
	ABCDE Bike Check – bike safety check	ABCDE Bike check. Air, Brakes, Chain, Drop, End Plugs. Perform these checks with the whole group and help the riders learn how to check these key safety areas on the bike.	ABCDE Check your bike and your partner's bike	Are your tyres pumped up? Does your chain spin freely? Do your brakes work? Does your bike rattle? Do you have End plugs?
	Helmet Relay	Riders stand in front of their bikes lining up along one line, helmets on the ground. When coach says 'go', riders run towards the end line or cones and back. Riders fit their helmets using the 2-2-2 method. Riders mount bike and wait in the power position. Once in power position on bike, rider shouts their name.	2-2-2 method Power position	How fast can you take off your helmet? Can you clip your helmet up correctly?
	Bike Rock	Start by standing, straddling your bike. Hands covering brakes. Close your eyes. Rock side to side as far as you can go while keeping control of your bike. Understand how your weight and balance moves your bike.	Hands covering the brakes. Balance side to side.	Can you stay balanced as you rock side-to-side?
10min	"Instructor Says"	Riders start riding in a designated area, roughly 15m x 15m. The instructor calls out a skill, such as "weight transfer backwards", then riders immediately complete the skill. The instructor calls out another skill and the riders complete the skill. Some examples include; stand and pedal, stand and glide, weight transfer forward, track stand, one-hand only.	Eyes looking forwards Hands covering the brakes Control your speed Maintain safe space between riders	Can you listen to instruction? Did you perform the skill?
15min	Core Skill: Weight Transfer	> Bike Rock. Stand with your bike, then rock side-to-side while balancing with your feet on the ground. > Straight-line Balance. Ride in a straight-line across the court or coned area. Maintain a neutral body position. > Weight Transfer Forward/Backward to front of saddle / back of saddle for 3m in a straight-line. Hold your weight in the position for 3m or more. > Weight Transfer Forward/Backward to handlebars / behind saddle for 6m in a straight-line. Hold your weight in the position for 6m or more.	Practice your balance. Pedals level at 3 & 9. Hands covering the brakes.	How well can you move your weight around the bike? Can you move forward or Backward on the bike?
20min	Straight line balance + Bike Limbo	Starting at one end of the court, power off and balance to the other side of the court. Ride between the cones 1m wide x 15m long. Try to stay in a straight line the whole way. Ride under a pool noodle, keep a neutral body position but low on the bike.	Start in power position. Ride in a straight line. Eyes looking forwards. Hands covering the brakes. Get down low on the bike. Neutral Body Position.	How low can you go? Can you stay balanced in a straight line?

Yr 1 & 2 Lesson plan 2– 60 mins [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
25min	Core Skill: Brake Play	<ul style="list-style-type: none"> > Stand next to bike, walk along with bike and check front and back brakes. > Sit on bike, push off with feet and check front and back brakes. > Power position, ride in straight line whilst sitting down and check front and back brakes. > Power position, ride in straight line whilst standing up and check front and back brakes. 	Front brake test. Back brake test.	Can you test your brakes? Practice stopping with only one brake at a time.
30min	Core Skill: One-handed riding	<ul style="list-style-type: none"> > Ride in a straight-line and balance between cones 1.5m x 5m in 5seconds or more. > Ride in a straight-line at slow speed then quickly take one-hand off the bars and put it back on again. > Ride in a straight-line at slow speed then take one-hand off the bars and wave to the coach. Maintain a neutral body position to keep the bike stable. > Ride in a straight-line at slow speed then take one-hand off the bars and high-five the coach and continue one-handed for another 5m. Maintain a neutral body position to keep the bike stable. 	Ride one-handed. Neutral body position. Eyes looking forwards. Ride in a straight line. Keep body relaxed.	Can you ride one-handed and keep up your balance? Can you ride in a straight-line?
40min	Relay: Bean Bag Drop and Collect	Set up a "Drop Zone" 20m from the start point. The group should be divided into relay teams. The first rider powers off from the start position with a bean bag in one hand, rides to the "drop zone" and drops the bean bag into the bucket carefully with one hand. The rider then returns to "tag" the next team member in the group. Once tagged, the next rider rides to the drop zone, picks up the bean bag then rides back to pass the bean bag onto the next rider. The relay continues until all riders have completed one turn.	Power position. Hands covering the brakes. Controlled braking. Eyes looking forwards. Neutral body position.	Can you be the first team to complete this relay?
45min	One-Eye Target	Set up a bucket about 10mtrs away from the start position. Power off towards the target holding a bean bag. Come to a complete stop about 2m from the target. Place your hand over one eye and throw the bean bag into the bucket. Go back to the start and repeat covering the other eye	Ride in a straight line. Balance and keep body relaxed. Cover one-eye. Big throw at the target.	How well can you throw a bean bag whilst keeping your balance with one-eye closed?
50min	Bean Bag Group Balance	Riders start in a line with a bean bag placed on their helmet. All riders power off together in a straight-line. Who can ride the furthest while balancing their bean bag?	Neutral body position. Hands covering the brakes. Eyes looking forward. Keep yourself balanced.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
55min	Follow the Leader	Ride around the court following a partner, keeping body position neutral on the bike, eyes looking forwards and Hands covering the brakes. Follow your partner and maintain an even speed to ride together.	Neutral Body Position. Eyes looking forwards. Hands covering the brakes. Stay together.	How well can you ride together?
60min	Wrap up and Review	Review session content and provide feedback.	Practice makes perfect. Keep trying new skills.	What did you learn today? Why is balance so important for bike riding? When might you need to ride one-handed on your bike rides?

Ausbike – Yr 1 & 2 Progressive Program

Week 3:

Curriculum Codes:

ACPMP025, ACPPS023, ACPMP028,
ACPMP031, ACPPS015, ACPPS018

Lesson 3 Overview:

Application of Skills

- Explore current competency of skills through various challenges
- Gamification of Skills

Week 3:
Helmet 2-2-2
ABCDE bike check
Bike Twister
Continuous U-turns
Core Skill: U-Turns
Core Skill: Slalom
Colour Cones Relay Race
Balance and Jump
Game: Slow, Track Stand, Go
Game: Bean Bag Group Balance
Game: Ride – Run – Hop Relay
Fast Race
Slow Race
Review

Yr 1 & 2 Lesson plan 3 – 60 mins

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	Introduction	AusBiKe Overview of Methodology. Outline the session rules, boundaries, and safety procedures. Explain how to ride in groups and how to stay safe when on the bike.	Welcome riders	Where has your bike taken you?
	2-2-2 Helmet Fitting	Correctly fit the helmet to all riders, making sure size is appropriate and straps are done up correctly. Use the 2-2-2 method. Kids can pair up to check each other's helmet. 2 fingers above the eyebrows, 2 fingers in V-shape around the ears, 2 fingers under the chin. Can do the shake test with strap undone.	2-2-2 method Correct position on forehead, correct position around ears, correct position under chin. Shake Test with straps undone.	Is your helmet the right size? Are your straps tight?
	ABCDE Bike Check – bike safety check	ABCDE Bike check. Air, Brakes, Chain, Drop, End Plugs. Perform these checks with the whole group and help the riders learn how to check these key safety areas on the bike.	ABCDE Check your bike and your partner's bike	Are your tyres pumped up? Does your chain spin freely? Do your brakes work? Does your bike rattle? Do you have End plugs?
	Bike twister	Get to know your bike parts. When the coach calls out a bike part, place the required body part (arm, leg or head) onto the selected bike part. Continue playing until you have no more body parts left to use or you become twisted.	Get to know your bike parts before you ride.	Can you remember all your bike parts? Will you get twisted?
10mins	Continuous U-turns	Riders start in the power position, powering off along a designated line of approx 15m. Keep hands on the brakes to control speed, riders should keep their eyes looking forward and around to the exit of the U-turn to where they want to go. Continue riding and repeat the exercise for a few turns or until the instructor tells you to stop. Create two or three U-turn activities to separate riders into smaller groups of ability.	Power position. Hands covering the brakes. Controlled braking. Eyes looking forwards. Neutral body position. Maintain safe distance between riders.	Warm up with U-turns, can you turn around carefully? Practice control and stability on the bike.
	Core Skill: U-Turns	> Continuous U-turns – practice this skill. > Staying within a designated 3.5x3.5m box, riders can make a U-turn. Keep eyes looking forward and towards the exit point. > Staying within a designated 3x3m box, riders can make a U-turn. Keep eyes looking forward and towards the exit point, keep hands covering the brakes, maintain a neutral body position.	Power position. Hands covering the brakes. Controlled braking. Eyes looking forwards. Neutral body position.	How slow and controlled can you go around the U-turn? Did you make it inside the cones?
20min	Core Skill: Slalom	> Can ride around 4 cones positioned 3m apart. Keep eyes looking forward, hands covering the brakes and maintain a neutral body position. > Can ride around 6 cones positioned 2.5m apart. Keep eyes looking forward, hands covering the brakes and maintain a neutral body position. > Can ride around 6 cones positioned 2m apart whilst standing up at medium speed. Keep eyes looking forward, hands covering the brakes and maintain a neutral body position.	Neutral Body Position. Eyes looking forwards. Hold your Balance. Hands covering the brakes. Control your speed.	Can you go around every cone without knocking one over? How well can you control your bike?

Yr 1 & 2 Lesson plan 3 – 60 mins

[continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
30min	Colour Cones Relay Race	Using different coloured cones, space them out in a designated area. Riders line up at a start point. The instructor calls a colour and the first rider races around the colour cone and back to the group.	Listen to the colour. Hands covering the brakes. Ride as fast as you can. Practice your cornering.	Can you remember the colours in correct order? How fast can you go around each cone?
35min	Balance and Jump (off bike)	Balance on one leg and try to maintain your balance for 10seconds. Swap sides and repeat with the other leg. With two feet, jump forward and land as far as you can. With two feet together, do ski jumps from side to side. over a painted line or object in front of you.	Focus on a still object. Stand tall and hold your balance. Brace your core.	How well can you balance?
	Game: Slow, Track Stand, Go	From a start position, use cones to set up a 2m x 2m square, then a finish line 5m away. Power off from the power position. Ride at walking pace (approx 5 km/hr). When you reach the first 2 cones, perform a "Track Stand" inside the square then 'GO' (sprint) to the finish line.	Keep eyes looking forward. Neutral body position. Hands covering the brakes.	How balanced can you be on your bike?
45min	Bean Bag Group Balance	Riders start in a line with a bean bag placed on their helmet. All riders power off together in a straight-line. Who can ride the furthest while balancing their bean bag?	Neutral body position. Hands covering the brakes. Eyes looking forward. Keep yourself balanced.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
50min	Ride – Run – Hop Relay	A relay race between cones 20, 15 & 10m apart. Split group into even teams, then once in a single-file line, select the team members to Ride (20m), Run (15m), Hop (10m) in that order. First riders power off to complete the ride, then tag the next person who will run second. After the third person has hopped, the next person will ride again. Repeat process until all team members have completed one turn. Make it fun, fast and challenging to improve balance, coordination and skills on and off the bike.	Brace your core. Eyes looking forwards. Balance and keep your body stable. Hands covering the brakes.	Can you stop safely and collect a bean bag? Can you drop the bean bag into the 'drop zone'?
55min	Fast Race	Riders line up along one end of the court or between two cones in the power position. When the instructor says 'GO', riders' race as fast as they can towards the opposite side of the court or coned area, at least 15-20m away from the beginning. First rider across the line wins.	Power position. Choose the correct gear. Fast sprint to the end. Eyes looking forwards. Hands covering the brakes Power position.	How fast can you go?
	Slow Race	Ride in a straight line across a basketball court as slowly as possible. Maintain your balance and keep your eyes looking forwards. Last rider to reach the finish line is the winner.	Neutral body position. Eyes looking forwards. Hands covering the brakes. Ride as slowly as you can.	How slow can you go?
60min	Wrap up and Review	Review session content and provide feedback.	Practice makes perfect. Keep trying new skills.	What did you learn today? When would you use a track stand during a bike ride?

Ausbike – Yr 1 & 2 Progressive Program

Week 4:

Curriculum Codes:

ACPMP025, ACPPS023, ACPMP028,
ACPMP031, ACPPS015, ACPPS018

Lesson 4 Overview:

Embedding the skills

- Road Safety knowledge and activities
- Gamification of Skills

Week 4:
Helmet 2-2-2
ABCDE bike check
Helmet Relay
Game: 'Instructor Says'
Core Skill: Controlled Braking
Core Skill: Look Back
Bean Bag Throw (off bike)
Bean Bag Throw (on bike)
Game: Continuous Hand Signals
Game: Intersections
Game: Hit the Target
Game: Follow the Leader
Review

Yr 1 & 2 Lesson plan 4 – 60 mins

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	Introduction	AusBiKe Overview of Methodology. Outline the session rules, boundaries, and safety procedures. Explain how to ride in groups and how to stay safe when on the bike.	Welcome riders	Where has your bike taken you?
	2-2-2 Helmet Fitting	Correctly fit the helmet to all riders, making sure size is appropriate and straps are done up correctly. Use the 2-2-2 method. Kids can pair up to check each other's helmet. 2 fingers above the eyebrows, 2 fingers in V-shape around the ears, 2 fingers under the chin. Can do the shake test with strap undone.	2-2-2 method Correct position on forehead, correct position around ears, correct position under chin. Shake Test with straps undone.	Is your helmet the right size? Are your straps tight?
	ABCDE Bike Check – bike safety check	ABCDE Bike check. Air, Brakes, Chain, Drop, End Plugs. Perform these checks with the whole group and help the riders learn how to check these key safety areas on the bike.	ABCDE Check your bike and your partner's bike	Are your tyres pumped up? Does your chain spin freely? Do your brakes work? Does your bike rattle? Do you have End plugs?
	Helmet Relay	Riders stand in front of their bikes lining up along one line, helmets on the ground. When coach says 'go', riders run towards the end line or cones and back. Riders fit their helmets using the 2-2-2 method. Riders mount bike and wait in the power position. Once in power position on bike, rider shouts their name.	2-2-2 method Power position	How fast can you take off your helmet? Can you clip your helmet up correctly?
10min	"Instructor Says"	Riders start riding in a designated area, roughly 15m x 15m. The instructor calls out a skill, such as "weight transfer backwards", then riders immediately complete the skill. The instructor calls out another skill and the riders complete the skill. Some examples include; stand and pedal, stand and glide weight transfer forward, track stand, one-hand only.	Eyes looking forwards Hands covering the brakes Control your speed Maintain safe space between riders	Can you listen to instruction? Did you perform the skill?
15min	Core Skill: Controlled Brake	> Push off with feet, balance in a straight line towards end cones 15m away and stop with both brakes. > Riders can ride in a straight-line at walking pace and perform a controlled brake to stop inside a box 3.5m x 3.5m in diameter without skidding. > Riders can ride in a straight-line at jogging pace and perform a controlled brake to stop inside a box 3.5mx3.5m in diameter without skidding. > Riders can ride in a straight-line at jogging pace and perform a controlled brake to stop inside a box 3m x 3m in diameter without skidding.	Use both brakes firmly to stop. Control the braking to avoid skidding. Eyes looking forwards. Neutral Body Position.	Can you brake safely at speed with both brakes? How well can you control your brakes?
20min	Core Skill: Look Back	> Power Glide in a flat, straight-line for 5m or more at a slow speed. > Look Back: Ride in a straight-line at walking pace (slow speed) between cones 2mx5m, perform a look-back over your shoulder. > Look Back: Riding in a straight-line at jogging pace (medium speed) between cones 1.5mx10m, perform a look-back and call out the number shown by the coach.	Power off and ride in straight-line. Hands covering the brakes. Rotate your body. Call out the number shown.	Can you look back and call out the number shown by the instructor?

Yr 1 & 2 Lesson plan 4 – 60 mins [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
25min	Game: Bean Bag Throw (off bike)	Balance on only one leg and brace your core to stay balanced. Pick up a bean bag. Throw a bean bag into a target 3m away. Repeat the bean bag throw on the opposite leg	Balance on only one leg and brace your core. Pick up a bean bag. Throw a bean bag into a target 3m away. Repeat the bean bag throw on the opposite leg.	Can you work together in small groups? How quickly can you make decisions?
	Game: Bean Bag Throw (on bike)	Start in power position, power off in a straight line towards the end cone. 10m away. Stop with both brakes, pick up a bean bag from the cone. Throw a bean bag into a target 3m away. Stay on the bike and brace your core to stay balanced. Power off back to the start.	Brace your core. Eyes looking forwards. Balance and keep your body stable. Big throw into the target.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
35min	Continuous Hand Signals (Right/Left)	Set up a large square with four corners. As riders approach the corner, take one-hand off the handlebars and 'signal' to the direction they want to go. Make sure the inside pedal is up and the outside pedal is down. Complete continuous right-hand signals then repeat with the left-hand signals in the opposite direction.	Eyes looking forwards. Hands covering brakes. Hand signal out at 90 degrees. Inside pedal positioned up.	Can you hand signal left/right?
40min	Game: Intersections	Riders start in two different locations. Power off towards the intersection, one rider on the 'road' continues to ride straight and the other rider must stop at the 'stop sign'. Stop with a controlled brake. Head check and make sure there is no 'traffic', then Hand signal left/right before powering off in the direction shown Riders then line up at the opposite line for their next turn.	Hands covering the brakes. Ride in a straight-line. Eyes looking forwards. Hand signal at 90degrees.	How well can you remember the road rules? Do you stop or can you go?
50min	Game: Hit the Target	Start in the power position 20m away from the target. Pick up a bean bag and ride in a straight-line towards the target. When you approach the target, ride with one-hand and prepare to throw your bean bag at the target. Once you have thrown at the target, return to the starting point.	Brace your core. Eyes looking forwards. Neutral Body Position. Big throw at the target.	Can you hit the target on the bike?
55min	Follow the Leader	Ride around the court following a partner, keeping body position neutral on the bike, eyes looking forwards and Hands covering the brakes. Follow your partner and maintain an even speed to ride together.	Neutral Body Position. Eyes looking forwards. Hands covering the brakes. Stay together.	How well can you ride together?
60min	Wrap up and Review	Review session content and provide feedback.	Practice makes perfect. Keep trying new skills.	What did you learn today? What do you do at an intersection on the road? What is a hand signal?