

# Ausbike – Yr 3 & 4 Progressive Program

## Week 1:

### Curriculum Codes:

ACPMP043, ACPMP047, ACPPS033,  
ACPPS041, ACPMP045

### Week 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
Helmet Relay
3-Step Balance to Ride Skill
-Balance to Ride
-Power to Ride
-Control to Ride
Game: Hop on/off Power
Game: Relay Hop on/off Power
Core Skill: Brake Play
Core Skill: Controlled Brake
Game: Instructor says
Off-bike: Balance and Jump
Game: Slow Race
Game: Bean Bag Throw (on bike)
Review



# Yr 3 & 4 Week 1

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	<b>Introduction</b>	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?
	<b>2-2-2 Helmet Fitting</b>	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?
	<b>ABCDE Bike Check – bike safety check</b>	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?
	<b>Helmet Relay</b>	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	<b>3-Step Balance to Ride Skill</b> -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	<b>Core Skill: Brake Play</b>	> 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.
20min	<b>Game: Hop on/off</b>	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.  Cyclo-cross (CX) style dismount: Set up two hurdles approximately 20cms high and 10m apart. The rider powers off from the starting point towards the first hurdle. The rider dismounts and then lifts their bike over the hurdle. Remount and ride towards the next hurdle then repeat the same action until you reach the finish. Ride back to the start 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 3 & 4 Week 1 [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
	<b>Game: Hop on/off Relay</b>	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?
30min	<b>Core Skill: Controlled Brake</b>	<ul style="list-style-type: none"> <li>&gt; Push off with feet, balance and glide in a straight line before performing a controlled stop using both brakes to stop within a 3.5 x 3.5m coned area.</li> <li>&gt; Power off from starting position, ride in a straight line at medium speed (jogging pace) towards end cones 15m away and perform a controlled brake to stop within a 3.5 x 3.5m coned area.</li> <li>&gt; Power off from starting position, ride in a straight line at medium speed (jogging pace) towards end cones 15m away and perform a controlled brake to stop within a 3 x 3m coned area.</li> <li>&gt; Perform a controlled brake at fast speed (running pace) to stop inside a box 3 x 3m in diameter without skidding. Apply even pressure on the brakes, then gradually apply more pressure as you stop.</li> </ul>	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?
35min	<b>"Instructor Says"</b>	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?
40min	Off-bike: Balance and Jump	Start with both feet on the ground. Balance on one leg, try to hold for 10 seconds. Change sides and balance on the opposite leg for 10 seconds. With both feet together, jump as far forward as you can. Ski jumps side to side over a painted line or cone.	Focus on a still object. Stand tall and hold your balance. Brace your core.	How well can you balance on 1 leg?
45min	<b>Slow Race</b>	Ride in a straight line across a basketball court or similar sized area as slowly as possible. Maintain your balance and keep your eyes looking forwards. Last rider to reach the finish line is the winner.	Brace your core. Neutral Body Position. Hands covering the brakes. Eyes Looking forwards.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
50min	<b>Bean Bag Throw</b> – (on bike)	Start riding in a straight line towards the end cones. Stop with both brakes, pick up a bean bag from the end cone, then throw a bean bag into a target 3m away. Stay on the bike and brace your core to stay balanced. After you have thrown the bean bag, ride back to the group.	Eyes looking forwards. Hands covering the brakes. Power position. Neutral Body Position.	Can you throw the bean bag into the target? How balanced can you stay on the bike?
60min	<b>Wrap up and Review</b>	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 3 & 4 Progressive Program

## Week 2:

### Curriculum Codes:

ACPMP043, ACPMP047, ACPPS033,  
ACPPS041, ACPMP045

### Week 2 Overview:

#### Extend the development of Skills

- Skill implementation and confidence building
- Gamification of Skills

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

# Yr 3 & 4 Week 2

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	<b>Introduction</b>	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?
	<b>2-2-2 Helmet Fitting</b>	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?
	<b>ABCDE Bike Check – bike safety check</b>	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?
	<b>Bike twister</b>	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?
5min	<b>"Instructor Says"</b>	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?
10min	<b>Core Skill: Weight Transfer</b>	> Bike Rock. Mount your bicycle but keep feet firmly on the ground. Close your eyes and rock from side to side. > Weight Transfer Forward/Backward to front of saddle / back of saddle for 3m in a straight-line. > Weight Transfer Forward/Backward to handlebars / behind saddle for 6m in a straight-line. > Weight Transfer Forward/Backward to handlebars / behind saddle whilst pedaling for 10m or more in a straight-line.	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?
15min	<b>Straight line balance + Bike Limbo</b>	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 3 & 4 Week 2 [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
20min	<b>Core Skill: Emergency Brake</b>	<ul style="list-style-type: none"> <li>&gt; The rider can perform an emergency brake at less than 10km/hr (walking pace) upon hearing a whistle.</li> <li>&gt; The rider can perform an emergency brake at more than 10km/hr (jogging pace) and stop within 3m of hearing the whistle. Keep eyes looking forwards, using both brakes to stop quickly.</li> <li>&gt; The rider can perform an emergency brake at 15km/hr (running pace) and stop within 3m of hearing the whistle. Keep eyes looking forwards, using both brakes to stop quickly.</li> <li>&gt; The rider can perform an emergency brake at more than 20km/hr (sprinting pace) and stop within 2.5m of hearing the whistle. Transfer weight backwards and keep eyes looking forwards, using both brakes to stop quickly.</li> </ul>	Eyes looking forwards. Hands covering the brakes. Power position. Neutral Body Position.	Can you stop fast with your brakes? How quick is your reaction time?
25min	<b>One-Eye Target</b>	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 balanced can you be whilst throwing at the target? Can you hit the target?
30min	<b>Game: Bean Bag Pass</b>	Using cones set up a 15m course, with cones marking the mid-point. Riders start in pairs, one rider holding a bean bag. Try to ride at the same pace as your partner. When you reach the mid-point, pass the bean bag to your partner then return to the group and repeat the activity with the other rider starting with the bean bag. Swap sides and try it with your opposite hand.	Eyes looking forwards. Ride next to your partner. Neutral body position. Control your speed. Ride one-handed.	Can you carefully pass the bean bag to your partner without dropping it?
40min	<b>Relay: Bean Bag Drop and Collect</b>	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.  <i>Step Down: Increase the size of the bucket and bring the bucket closer to the starting point.</i> <i>Step Up: Decrease the size of the bucket or use two bean bags at one time.</i>	Power position. Hands covering the brakes. Controlled braking. Eyes looking forwards. Neutral body position.	Can you be the first team to complete this relay?
50min	<b>Numbers</b>	Riders ride around in a circle before instructor calls out a number (1-10). Riders quickly separate into small teams and see who the first team can be to stop together with their hand in the air. First team with the correct group number and all hands in the air will be the winners.	Power position Number called out Hands covering the brakes Eyes looking forwards Neutral Body Position.	Can you work together in small groups? How quickly can you make decisions?
55min	<b>Follow the Leader</b>	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.	Eyes looking forwards. Hands covering the brakes. Stay together.	How well can you ride together?
60min	<b>Wrap up and Review</b>	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 3 & 4 Progressive Program

## Week 3:

### Curriculum Codes:

ACPMP043, ACPMP047, ACPPS033,  
ACPPS041, ACPMP045

### Week 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
Continuous U-turns
Core Skill: U-Turns
Core Skill: Slalom
Game: Slalom Bean Bag Drop
Relay: Colour Cones Relay Race
Game: Bean Bag Group Balance
Core Skill: Track Stand
Game: Slow, Track Stand, Go
Game: Reaction Time
Follow the Leader
Review



# Yr 3 & 4 Week 3

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	<b>Introduction</b>	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?
	<b>2-2-2 Helmet Fitting</b>	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?
	<b>ABCDE Bike Check – bike safety check</b>	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?
5min	<b>Continuous U-turns</b>	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.
10min	<b>Core Skill: U-Turns</b>	> Staying within a designated 3.5 x 3.5m box, riders can make a U-turn. > Staying within a designated 3 x 3m box, riders can make a U-turn. > Staying within a designated 2.5 x 2.5m box, riders can make a U-turn whilst standing up. > Staying within a designated 2 x 2m box, riders can make a U-turn whilst standing up.	Neutral Body Position. Eyes looking forward and towards the exit point. Hands covering the brakes. Small pedal strokes.	How slow and controlled can you go around the U-turn? Did you make it inside the cones?
15min	<b>Core Skill: Slalom</b>	> 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 (jogging pace). Keep eyes looking forward, hands covering the brakes and maintain a neutral body position. > Can ride around 8 cones positioned 1.5m apart whilst standing up at medium speed (jogging pace). Keep eyes looking forward, hand covering the brake 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 3 & 4 Week 3 [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
20min	<b>Game: Slalom Bean Bag Drop</b>	<ul style="list-style-type: none"> <li>&gt; Can ride around 4 cones positioned 3m apart then pick up a bean bag and throw it into a bucket 3m away.</li> <li>&gt; Can ride around 6 cones positioned 2.5m apart then stop at the end of the cones, pick up a bean bag and throw it into a bucket positioned 3m further away.</li> <li>&gt; Can ride around 6 cones positioned 2m apart whilst holding a bean bag and throw it into a bucket placed at the very end of the cones.</li> <li>&gt; Can ride around 8 cones positioned 1.5m apart, whilst holding a bean bag and throw it into a bucket placed at the very end of the cones.</li> </ul>	Neutral Body Position. Eyes looking forwards. Hold your Balance. Hands covering the brakes. Control your speed. One-hand holding bean bag.	Can you go around every cone without knocking one over? How well can you control your bike? Can you hold onto the bean bag?
30min	<b>Relay: Colour Cones Relay Extension</b>	Using 3 different coloured cones, space them out within a designated area at least 10m away from starting point. Riders line up at starting point and then Instructor calls out colours in random order. Rider's ride around all 3 colours in order instructed as quickly as possible before returning to group. Next rider begins once instructor has called out a new order of coloured cones.	Power position Eyes looking forwards Hands covering the brakes Change your gears Ride fast	Can you remember the order of coloured cones? How fast can you ride around all 3 cones?
35min	<b>Bean Bag Group Balance</b>	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.
40min	<b>Core Skill: Track Stand</b>	<ul style="list-style-type: none"> <li>&gt; From a moving start, the rider can complete a stationary stop with their front wheel stopped inside a 1x1m square.</li> <li>&gt; From a moving start, the rider can complete a track stand with their front wheel stopped inside a 1x1m square, whilst standing up.</li> <li>&gt; From a moving start, the rider can complete a track stand with their front wheel stopped inside a 1x1m square, whilst standing up for 3seconds.</li> <li>&gt; From a moving start, the rider can complete a track stand with their front wheel stopped inside a 1x1m square, whilst standing up for 10seconds.</li> </ul>	Hands covering the brakes. Neutral body position. Try to hold your balance on the bike. Pedals level at 3 & 9.	How slow can you go? Hold your balance and see if you can keep your feet off the ground.
45min	<b>Game: Slow, Track Stand, Go</b>	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?
50min	<b>Game: Reaction Time</b>	Riders start in power position 15m away from instructor. Ride in a straight-line towards the instructor who will signal Left/Right with their hand once the rider reaches two cones positioned 2m away from them. Ride in the direction of the signal that is shown. Maintain an even speed (walking or jogging pace), whilst hands cover the brakes and eyes look forward ready to react to the signal shown.	Power position. Hands covering the brakes. Eyes looking forwards. Neutral body position. Get ready to react.	How quickly can you react? Can you ride in the direction shown?
55min	<b>Follow the Leader</b>	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	<b>Wrap up and Review</b>	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 3 & 4 Progressive Program

## Week 4:

### Curriculum Codes:

ACPMP043, ACPMP047, ACPPS033,  
ACPPS041, ACPMP045

### Week 4 Overview:

#### Embedding the skills

- Road Safety knowledge and activities
- Gamification of Skills

## Week 4:

Helmet 2-2-2

ABCDE bike check

Bike Twister

Game: 'Instructor Says'

Straight Line Bike Limbo

Core Skill: Controlled Braking

Core Skill: Look Back

Game: Numbers

Game: Continuous Hand Signals

Game: Intersections

Game: Pool Noodle Relay

Game: Hit the Target

Review

# Yr 3 & 4 Week 4

Time	Activity	Outcome	Teaching Points	Engagement Questions
0min	<b>Introduction</b>	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?
	<b>2-2-2 Helmet Fitting</b>	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?
	<b>ABCDE Bike Check – bike safety check</b>	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?
	<b>Bike twister</b>	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?
5min	<b>"Instructor Says"</b>	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?
10min	<b>Straight line balance + Bike Limbo</b>	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?
15min	<b>Core Skill: Controlled Brake</b>	> Push off with feet, balance and glide in a straight line before performing a controlled stop using both brakes to stop within a 3.5 x 3.5m coned area. > Power off from starting position, ride in a straight line at medium speed (jogging pace) towards end cones 15m away and perform a controlled brake to stop within a 3.5 x 3.5m coned area. > Power off from starting position, ride in a straight line at medium speed (jogging pace) towards end cones 15m away and perform a controlled brake to stop within a 3 x 3m coned area. > Perform a controlled brake at fast speed (running pace) to stop inside a box 3 x 3m in diameter without skidding. Apply even pressure on the brakes, then gradually apply more pressure as you stop.	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?

# Yr 3 & 4 Week 4 [continued]

Time	Activity	Outcome	Teaching Points	Engagement Questions
20min	<b>Core Skill: Look Back</b>	<ul style="list-style-type: none"> <li>&gt; Pedal in a straight-line then perform a power glide (stop pedaling) for 5m or more.</li> <li>&gt; Ride in a straight-line at walking pace (slow speed) between cones 2m x 5m, perform a look-back and call out the number shown by the instructor.</li> <li>&gt; Ride in a straight-line at jogging pace (medium speed) between cones 1.5m x 10m, perform a look-back and call out the number shown by the instructor.</li> <li>&gt; Ride in a straight-line at jogging pace (medium speed) between cones 1m x 10m, perform a look-back and call out the number shown by the instructor.</li> </ul>	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?
25min	<b>Game: Numbers</b>	Riders ride around in a circle before instructor calls out a number (1-10). Riders quickly separate into small teams and see who the first team can be to stop together with their hand in the air. First team with the correct group number and all hands in the air will be the winners.	Power position Number called out Hands covering the brakes Eyes looking forwards	Can you work together in small groups? How quickly can you make decisions?
30min	<b>Continuous Hand Signals (Right/Left)</b>	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 signal with both hands? Can you keep your balance whilst signalling?
35min	<b>Game: Intersections</b>	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?
45min	<b>Game: Pool Noodle Relay</b>	Set up a bucket approx 10m from a start point. Riders line up at the start point. The first rider powers off holding a pool noodle that has been cut in half. The rider places the noodle in the bucket and returns to the end of the line. The next rider powers off, retrieves the pool noodle and returns to hand it to the next rider in line. The game continues until everyone has had a turn.	Eyes looking forwards. Controlled Brake. Hands covering the brakes. Neutral Body position.	How fast can you go with the pool noodle? Who can be the quickest team?
55min	<b>Game: Hit the Target</b>	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?
60min	<b>Wrap up and Review</b>	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?