contents

PLANNING AND IMPLEMENTING BIKE ED

Why teach Bike Ed? 6
   The benefits of cycling 6
   Learning safe riding skills is important 6
Aims of Bike Ed 7
At what age should children ride alone in traffic? 8
Bike Ed and the Victorian Curriculum 10
   Links to the Victorian Curriculum Levels 3 and 4 Personal and Social Capability 10
   Links to the Victorian Curriculum Levels 3 and 4 Health and Physical Education 11
Overview of the Bike Ed program 12
   Program activities 13
   Bike Ed resources 15
How to deliver Bike Ed 19
   Time required for the program 19
   Practical activities 20
   Classroom activities 20
Rules and requirements for Bike Ed programs in schools 21
   Instructors 21
   Bicycle education instructor training 22
   Level of supervision required for practical riding activities 22
   Permission for students to participate 23
   Requirements for equipment and clothing 23
Bicycle trailers 24
Involving parents/carers 25
Enrichment activities 26
   Bike Ed Challenge 26
   Riding to and from school 26
   Take a bike hike 27
Useful websites 27

PROGRAM GUIDE

MODULE 1: Getting started
   Purpose 31
1.1 Classroom 32
   Introducing the Bike Ed program 32
   Why cycle? 32
   Keeping safe 33
   The rules for Bike Ed 34
   TAKE HOME ACTIVITIES 34
1.2 Practical - no riding 35
   Bike safety check 35
   Helmet and riding gear safety check 41
Sample: Letter to parents/carers 44
MODULE 2: Basic bike skills

Purpose

2.1 Classroom
   Scanning
   Being seen by other road users

2.2 Practical - riding
   Quick bike safety check
   Tips for getting non-riders mobile
   Correct riding position
   Using gears correctly
   Braking
   Riding in a straight line
   Scanning
   Slow riding
   Sharp turns
   Riding on different surfaces
   Putting it all together
   TAKE HOME ACTIVITIES

MODULE 3: Building skills for riding in traffic

Purpose

3.1 Classroom
   Knowing the road rules and taking the safest option
   Making a hook turn
   Vehicle clues

3.2 Practical - observation
   Observing intersections

3.3 Practical - riding
   Quick bike safety check
   Riding in a straight line about one metre out
   Riding single file and forming pairs
   Riding out from a driveway or kerb side
   Negotiating intersections
   TAKE HOME ACTIVITIES

TAKE HOME ACTIVITIES

Student Sheet: Basic riding skills self-assessment

Teacher Sheet: Basic riding skills assessment

Student Sheet: Road rules for cyclists 1

Student Sheet: Road rules for cyclists 2

Student Sheet: Road rules for cyclists 3

Student Sheet: Road rules for cyclists 4

Student Sheet: Understanding the road rules for cyclists
Student Sheet: Observing intersections  91
Student Sheet: Building skills for riding in traffic self-assessment  93
Teacher Sheet: Building skills for riding in traffic assessment  94

**MODULE 4: Riding on paths**

**Purpose**  97

4.1 Classroom  98
   Path cycling  98
   Planning a ride on local paths  99

4.2 Practical - riding  100
   Quick bike safety check  100
   Briefing students before the ride  101
   Group ride on paths  102

Sample: Letter to parents/carers  104
Teacher Sheet: Riding on paths assessment  105

**MODULE 5: Riding on-road**  107

**Purpose**  107

5.1 Classroom  108
   Taking the safest option on-road – developing responsible riding behaviours  108
   Safety during the on-road riding activities  109

5.2 Practical – riding  110
   Procedures for on-road riding instruction  111
   Quick bike safety check  112
   Driveway and kerb side ride outs to the left  113
   Driveway and kerb side ride outs to the right  114
   Riding in a straight line about a metre out  116
   Riding single file and forming pairs  117
   Turning left at an intersection  118
   Turning right from the centre of the road  118
   Turning right using a hook turn at an intersection  120
   Riding straight across an intersection  122
   Riding through a single lane roundabout  123
   PUTTING IT ALL TOGETHER
   ASSESSING ON-ROAD RIDING SKILLS  124

Sample: Letter to parents/carers  125
Teacher Sheet: Riding on-road assessment observer’s checklist  126
Teacher Sheet: Riding on-road assessment  128