

# contents

<b>PLANNING AND IMPLEMENTING BIKE ED</b>	<b>5</b>
Why teach <i>Bike Ed</i> ?	6
The benefits of cycling	6
Learning safe riding skills is important	6
Aims of <i>Bike Ed</i>	7
At what age should children ride alone in traffic?	8
<i>Bike Ed</i> 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 <i>Bike Ed</i> program	12
Program activities	13
<i>Bike Ed</i> resources	15
How to deliver <i>Bike Ed</i>	19
Time required for the program	19
Practical activities	20
Classroom activities	20
Rules and requirements for <i>Bike Ed</i> 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
<i>Bike Ed Challenge</i>	26
Riding to and from school	26
Take a bike hike	27
Useful websites	27
<b>PROGRAM GUIDE</b>	<b>29</b>
<b>MODULE 1: Getting started</b>	<b>31</b>
Purpose	31
1.1 Classroom	32
Introducing the <i>Bike Ed</i> program	32
Why cycle?	32
Keeping safe	33
The rules for <i>Bike Ed</i>	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

Student Sheet: The rules for <i>Bike Ed</i>	45
Student Sheet: Bike safety check	46
Student Sheet: Helmet and riding gear safety check	47
<b>MODULE 2: Basic bike skills</b>	<b>49</b>
Purpose	49
2.1 Classroom	50
Scanning	50
Being seen by other road users	52
2.2 Practical - riding	53
Quick bike safety check	53
Tips for getting non-riders mobile	54
Correct riding position	54
Using gears correctly	55
Braking	55
Riding in a straight line	57
Scanning	58
Slow riding	59
Sharp turns	60
Riding on different surfaces	62
Putting it all together	63
TAKE HOME ACTIVITIES	63
Student Sheet: Basic riding skills self-assessment	64
Teacher Sheet: Basic riding skills assessment	65
<b>MODULE 3: Building skills for riding in traffic</b>	<b>67</b>
Purpose	67
3.1 Classroom	68
Knowing the road rules and taking the safest option	68
Making a hook turn	69
Vehicle clues	70
3.2 Practical - observation	71
Observing intersections	71
3.3 Practical - riding	72
Quick bike safety check	72
Riding in a straight line about one metre out	73
Riding single file and forming pairs	73
Riding out from a driveway or kerb side	75
Negotiating intersections	76
TAKE HOME ACTIVITIES	83
Student Sheet: Road rules for cyclists 1	84
Student Sheet: Road rules for cyclists 2	85
Student Sheet: Road rules for cyclists 3	86
Student Sheet: Road rules for cyclists 4	87
Student Sheet: Understanding the road rules for cyclists	88

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
<b>MODULE 4: Riding on paths</b>	<b>97</b>
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
<b>MODULE 5: Riding on-road</b>	<b>107</b>
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