

Cycling Into The Future

*Bike Training For Grade 5 Students
In the Waterloo Region*



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Background:
Why bike training in school?



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The Bike Course:
What Do We Learn?



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Challenges &
Directions:

Where Do We Go From Here?



Why Bike Training In School?

2010

- ◆ From exercise to life skill
- ◆ Developed by kids
- ◆ 4 Modules:
rules & safety,
repair & maintenance,
rodeo riding,
road training
- ◆ 50 grade 5 students took course



6 REASONS FOR BIKING

✓reduce driving to school

✓increase bike safety

✓improve fitness

✓learn mechanical skills

✓use biking as transportation

✓care for the earth



Why Bike Training In School?

2012

- ◆ same 4 modules
- ◆ grade 5 students organized course in Working Groups
- ◆ over 100 kids from grades 3 to 6 took course



Working Groups in 2012

- ◆ Movers & Shakers
- ◆ Rodeo Designers
- ◆ Repair & Maintenance Wizards
- ◆ Rules & Safety Gurus
- ◆ Number Crunchers
- ◆ Directors



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*Bike Training For
Grade 5 Students*

*Spring, 2014 ~ 188
Fall, 2014 ~ 200*



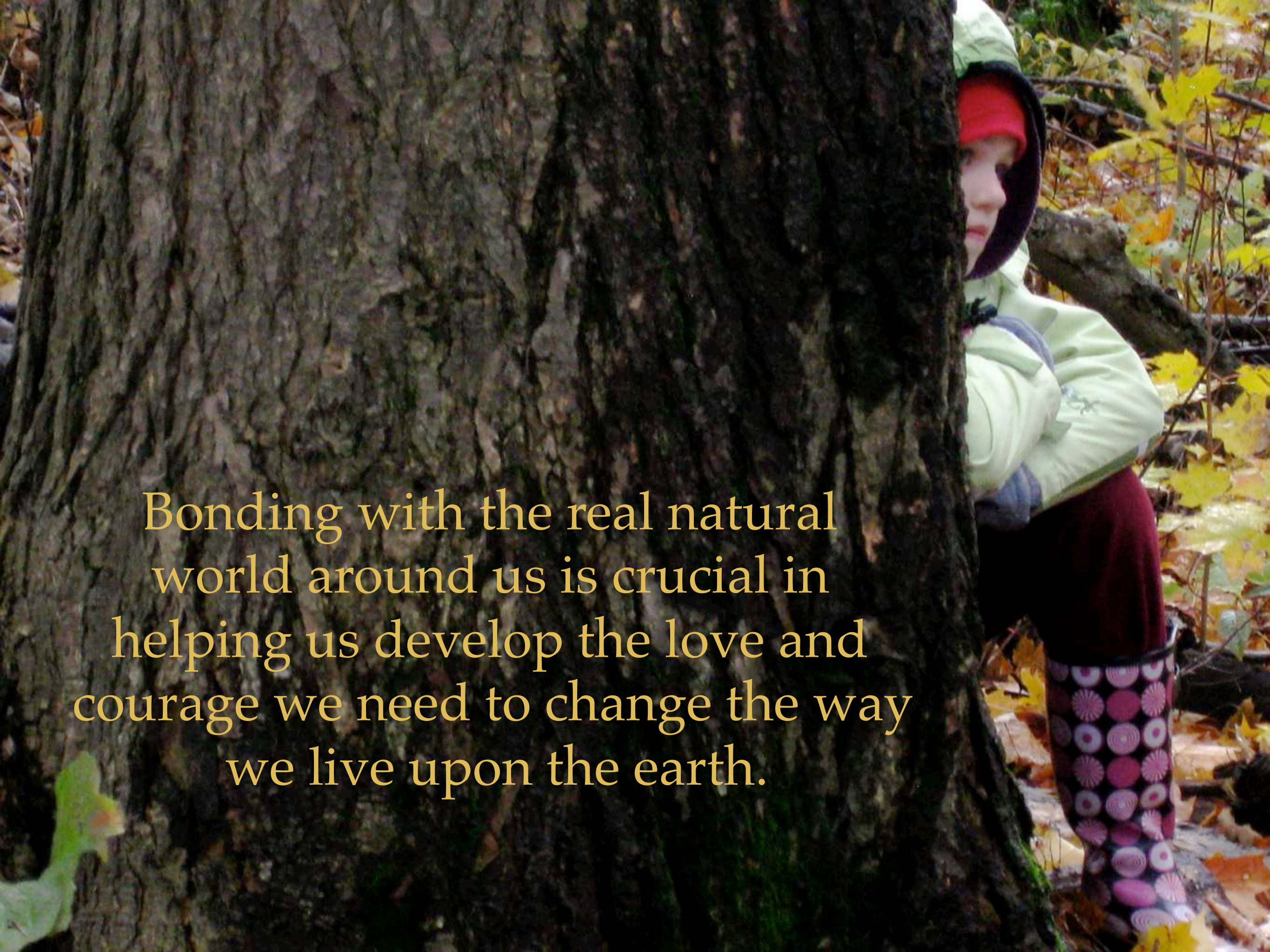
What's Motivating Me?





“A kid today can likely tell you about the Amazon rain forest ~ but not about the last time he or she explored the woods in solitude, or lay in a field listening to the wind and watching the clouds move.”

—Richard Louv

A child wearing a light green hooded jacket, a red beanie, and patterned boots is peeking from behind a large, dark tree trunk in a forest with yellow autumn leaves on the ground.

Bonding with the real natural
world around us is crucial in
helping us develop the love and
courage we need to change the way
we live upon the earth.

Love of Place and Space

Embodied Values



Cycling Into The Future: More Accessible and Sustainable

- ◆ Rooted in curriculum
- ◆ Includes assessment module
- ◆ Simpler in scope
- ◆ More parental involvement
- ◆ Broader partnerships

Module 1: Rules & Safety

- ◆ Bikes & the law
- ◆ Riding on the road
- ◆ Trouble spots: a guide to defensive riding
- ◆ Bike-to-school plan



Module 2: Repair & Maintenance



- ◆ Bike clinic
- ◆ Helmet Check
- ◆ Tire Repair

Module 3: Rodeo Riding

- ◆ Riding The Line
- ◆ Take A Break
- ◆ Shoulder Check
- ◆ Slow Race
- ◆ ABC Race
- ◆ Spirals



- ◆ There's A Chicken On My Head!
- ◆ Rock Dodge









Module 4: Road Training

✓	Possible Learning Objectives
	riding safely as a member of a group ~ individual decision-making
	stopping and looking both ways on sidewalk and road before entering the street
	using a power take-off when starting
	stopping and putting foot down for balance, setting up power take-off
	scanning street ahead, parked cars, sidewalk and driveways for potential hazards
	riding in a straight predictable line
	making eye contact with drivers and riders in close proximity when necessary
	riding on the right hand side of the road within 1 m of the curb, avoiding grates
	shoulder checking over left shoulder whenever moving out of curb-side position
	shoulder checking, scanning and passing parked cars with enough room
	scanning and proceeding through intersections without stop signs
	stopping, scanning and proceeding through intersections with stop signs
	slowing, scanning and proceeding through intersections with yield signs

Module 4: Road Training



Module 5: Assessment

Health And Physical Education		
A1.1	A1.2 A1.3	Active Participation
A2.1	A2.4	Physical Fitness
A3.1	A3.2	Safety
B1.1	B1.3	Movement Skills
B2.1	B2.3	Movement Strategies
C2.2		Personal Skills and Injury Protection
Science And Technology: Conservation of Energy and Resources		
1.1	1.2	Relating Science And Technology to Environment
3.3		Understanding Concepts

- ◆ Longitudinal Survey
- ◆ Instructor Feedback
- ◆ Written Test
- ◆ Self-Evaluation
- ◆ Course Evaluation

Parental Participation

- ◆ Permission
- ◆ Summary of each course module
- ◆ Checklist of skills addressed in road training
- ◆ Access to *Cycling Into The Future* blog, with ideas on next steps and links to other resources
- ◆ A copy of child's bike-to-school plan
- ◆ Course evaluation opportunity

Partnerships

- ◆ Cities of Kitchener and Waterloo
- ◆ Waterloo Region District School Board
- ◆ Waterloo Regional Police Service
- ◆ Region of Waterloo Public Health
- ◆ Recycle Cycles
- ◆ Ziggy's Cycle & Sport
- ◆ University of Waterloo Bike Club
- ◆ Teacher planning group



Challenges & Directions

- Cost
- Accessibility
- Safety & Liability
- Availability of qualified instructors

