

Recreation & Leisure
Lesson Plan—Emerging, Developing, Mastery
Riding a Bike

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Outdoor Recreation-Riding a Bike

Learning Area(s):

- Physical Education / Recreation & Leisure
- Personal Resource Management
- Communication
- Social Studies

Purpose of Lesson / Objective:

- Improve bike- riding skills

Materials / Equipment / Environment:

- Bike
- Helmet
- Bike path at a park or other location
- Neighborhood sidewalks

Group Size: 2-4 **Time Required:** 30-45 minutes

Lesson Procedure:

1. Have students locate bike
2. Have students locate helmet
3. Practice putting on a helmet correctly front to back and connecting the chinstrap
4. Practice putting the kickstand up and down
5. Practice getting on the bike by facing forward, placing one hand on each handle bar, and lifting leg over the middle of the bike
6. Practice getting off the bike and putting the kickstand down
7. Once students seem comfortable with above, have them get on their bike and pedal a predetermined distance
8. You can bring cones and practice maneuvering the bike around different cone patterns
9. Have students practice adjusting their speed, braking, and stopping
10. Once students are proficient at the above, go to a park with bike paths and ride bikes for a predetermined distance or amount of time
11. After the bike ride, return the bike and helmet to their designated places

Carry Over / Related Activities:

- Find different parks with bike paths to ride on
- Find bike paths to ride on in near your home or school
- Learn how to put a bike on a bike rack when transporting your bike to and from a park or bike path location
- Learn how to use a lock to ensure safety of bike when not riding it

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Supporting Activities / Possible Adaptations:

- Visit bike stores to look at bikes and bike accessories
- When biking, have the student be the person on the back of a tandem so all they have to be concerned about is pedaling, not steering and maneuvering
- Practice just pedaling on a stationary bike
- Increase endurance of pedaling by increasing the amount of time student pedals on a stationary bike
- When biking, buy the child attachment to the adult bike so student can learn to pedal and brake without having to be concerned about steering and maneuvering
- Have enough adults/staff with to ensure safety
- Set up cones in different patterns to practice maneuvering
- Use a 3-wheel trike, Rifton bike, or a side-by-side bike

Strategies for Participation:

- Use a tandem so student only has to pedal
- Use a child attachment to an adult bike so student only has to be concerned with pedaling and braking
- Ride on bike paths so students don't have to be concerned with cars
- Have adults/staff bike with to ensure safety
- Relays and races

Student Reaction / Evaluation:

- Record how much assistance needed to do various steps on the skills inventory
- Record amount of time student rides bike
- Record distance of bike rides
- Record enjoyment of activity
- "Play of the Day"- Student shares a positive comment on the activity or peer
- Video tape

Lesson Support:

(Introduction – lead in, background information, supporting concepts and activities – curriculum)

It should be noted that each student will be at a different bike riding ability. The instructor should adapt each lesson to the student's ability and needs. The goal or objective of each bike lesson should be to improve the student's overall skills and self-esteem in Physical Education / Recreation & Leisure and everyday activities.