



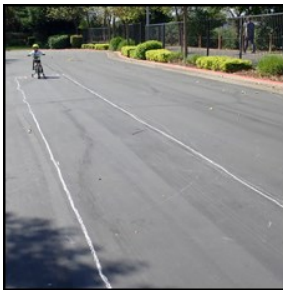
Bicycling Skills Level 2

Important for Ages 10+

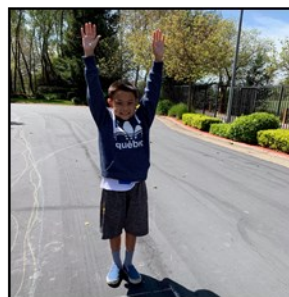
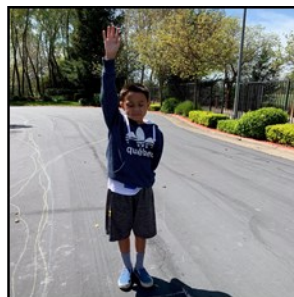
1 Starting. To get started efficiently, the bicyclist should decide which leg they want to consistently use and bring the pedal up to almost vertical—either 11 or 1 on a clock depending on your point of view. Your child should be able get into this “power pedal” position quickly after every stop and without looking down. If the bike has coaster brakes, it’s possible to stop in a power pedal position and be ready to go immediately.



2 Stopping and Speed Control. On a playground, empty parking lot, or on a safe street, use chalk to draw a lane 5-10’ wide and about 50’ long. Draw a chalk line across one end (the limit line) and write STOP in letters large enough for the bicyclist to see and they ride towards it. The bicyclist should ride down the MIDDLE lane position and be able to stop AT the line without going over. Braking should be gradual and controlled. Speed should gradually be increased. *TIP: Sometimes riding a little faster actually improves control.*



3 Looking Back/Scanning. Using the same lane described above, start and ride in the RIGHT lane position. As the bicyclist rides down the lane, he/she should look back over their LEFT shoulder (once or twice) while still riding straight. Meanwhile, another person should stand at the starting line in the LEFT lane position and hold, high in the air, either one arm, two arms, or no arms. The bicyclist should call out either “ONE,” “TWO” or “ZERO.” The bicyclist should also come to a controlled stop at the limit line.





Bicycling Skills Level 3

Important for Ages 10+

1 Hand Signals: Stopping and Right Turn.

Teach the hand signals for stopping and for a right turn. On a playground, empty parking lot, or on a safe street, use chalk to draw a lane 5-10' wide and about 50' long. Draw a chalk line across one end (the limit line) and write STOP in letters large enough for the bicyclist to see as they ride towards it. The bicyclist should start and ride in the RIGHT lane position. As they approach the STOP, they should give the signal for stopping and then begin to brake, come to a full stop at the line (over the letter P), get into power pedal position, give a right turn signal and go if it's safe. Encourage the bicyclist to really look to the left for cross traffic or pedestrians before starting the right turn.

