



# Bicycling Skills Level 1

## Important for Ages 10 and Under

**1 Riding in a Straight Line.** Basic but very important. Take your child to a park, playground, or empty parking lot for practice, and find a straight paint stripe on the pavement. Have your child practice riding on the stripe without veering to one side or another. It may take some practice but your child will get better at it each time he or she tries.



*TIP: To ride straight, don't look down at the stripe. Look ahead to where you're going!*

**2 Looking Back Without Swerving.** Have your child ride the same stripe while you hold a cardboard picture of a car. As he or she rides past, hold the "car" up or hide it behind your back and say "LOOK!" Your child should look back and say "CAR!" or "NO CAR!"



**3 Stopping and Speed Control.** On the playground, have your child practice riding slowly toward a wet sponge and stopping just before hitting it. Gradually increase the speed and watch for skidding (not good). As your child speeds up, he or she will need to start using the brakes sooner.



*TIP: Going downhill, a bicyclist should brake gently and often to keep from going too fast and losing control. Stick to level ground until your child is ready for a bike with hand brakes.*