



# 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.*



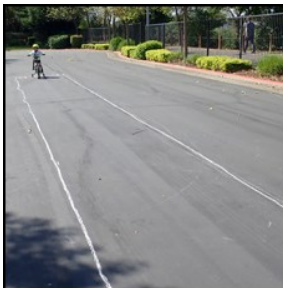
# Bicycling Skills Level 2

## Important for Ages 10+

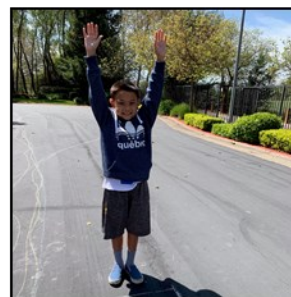
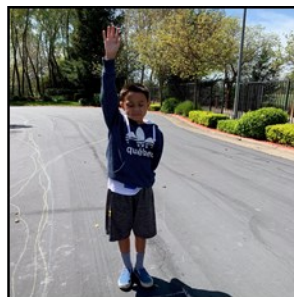
**1 Starting.** To get started efficiently, the bicyclist should decide which leg they want to consistently use and bring the pedal up to almost vertical—either 11 or 1 on a clock depending on your point of view. Your child should be able to get into this “power pedal” position quickly after every stop 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.



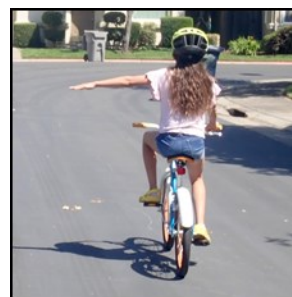
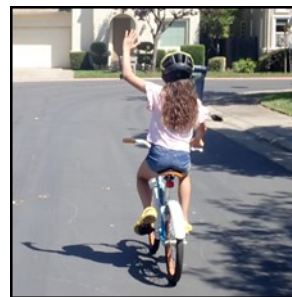


# Bicycling Skills Level 3

## *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.





# Fun at Home

**1 Street Design.** Go to the Traffic Gardens website and download and print any of the .pdfs. There are design templates, printable street signs, streets, and intersections.  
<https://www.trafficgardens.com/fun-at-home>

**2 Hula Hoop.** For bicyclists with very good riding skills. Put a folding chair (or something similar) in the center of a 10' diameter chalk-drawn circle (optional). The bicyclist rides toward the chair while holding the hula hoop in one hand. Without going inside the chalk circle, toss the hula hoop over the chair, and ride on. Try it with the other hand. For the adventurous, try rolling the hula hoop toward the bicyclist. The bicyclist grabs the hoop, rides on and tosses it.



**3 Slow Race.** Using sidewalk chalk, draw a 4-inch-wide line that stretches across a driveway or down the street. Have some of the line be straight, have some be curvy, or make them have a figure eight. Using a stopwatch, time the riders and challenge them to go as SLOW as they can without putting their foot down (or they start over). Another way to do a slow race is have all bike riders line up and ride as slowly as possible toward a designated line. You're out if your foot touches the ground. The slowest person wins!

**4 Balloon Pop.** Fill small water balloons with water and set out on the street. Bike riders should try to ride over the balloon to pop it.

