

## Riding a Bicycle - Lesson Plan (Facilitator)

Activity	Time	Dur.	Instructor's Notes	Files/Resources
Good morning networking	8:30	00:30	<ul style="list-style-type: none"> <li>~ Instructor to network, meet and greet, take attendance as participants arrive</li> <li>~ Have participants fill in name cards</li> </ul>	name tags or tent cards
Welcome & housekeeping	9:00	00:05	<ul style="list-style-type: none"> <li>~ Welcome participants, confirm attendee names</li> <li>~ Introduce instructor and any guests</li> <li>~ Introduce session (broad) and go over housekeeping items such as: start, break &amp; end times, cell phones, bberries etc.</li> </ul>	
Introduction & Course Outline	9:05	00:05	<ul style="list-style-type: none"> <li>~ Brief overview of course objectives and session agenda</li> <li>~ Overall course objective is for adults who cannot ride a bicycle to feel more comfortable and prepared to <i>attempt</i> a real bicycle experience.</li> </ul>	
Discussion (Activating Phase)	9:10	00:20	<ul style="list-style-type: none"> <li>~ Why learn to ride a bike? - Why are you here?</li> <li>~ How does riding a bike relate to my everyday life? (Large Group: connection to prior knowledge)</li> <li>~ What skills do you need to ride a bike (Small Group: brainstorming)?</li> <li>~ Give instructions: each small group must list skills required for riding a bike and connect them to an everyday aspect of life; each group will share 1 skill/connection</li> </ul> <p>.....</p> <p>Bicycle Riding Skills (examples)</p> <ul style="list-style-type: none"> <li>~ Patience</li> <li>~ Balance</li> <li>~ Pedalling</li> <li>~ Steering</li> <li>~ Stopping</li> <li>~ Awareness</li> <li>~ Adaptability</li> </ul> <p>Group Debrief - Each group will share 1 skill/connection</p>	<ul style="list-style-type: none"> <li>~ PowerPoint</li> <li>~ Large Group Discussion</li> <li>~ Small Groups: Brainstorming -Appoint a scribe / Flipcharts</li> </ul>

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Pair Activity (Acquiring)	9:30	00:15	<ul style="list-style-type: none"> <li>~ Facilitator to show a series of 2 videos: first video shows an adult getting on a bicycle and riding down a block.</li> <li>~ Pair Activity: make a list of all the "errors" you see in the video, (i.e. no helmet, pedalling with 1 foot, steering with 1 hand, improper stopping, not aware of pedestrians ahead, speeding, etc.)</li> <li>~ Facilitator to show second video: same video with voice-over and animation which highlights the "errors".</li> <li>~ Pairs to check-off the ones they identified and add others to their lists.</li> </ul>	<ul style="list-style-type: none"> <li>~ Videos</li> <li>~ Notepaper</li> </ul>
Group Activity (Applying/Consolidation)	9:45	00:30	<ul style="list-style-type: none"> <li>~ Facilitator will scribe a "master list" of steps required to get on, ride 100 metres, stop and get off a bicycle (group will provide steps)</li> <li>~ First will be just a list in no particular order</li> <li>~ Second part of activity will be to put them in a logical sequence</li> <li>~ Example step list may be:</li> </ul> <p>.....</p> <ul style="list-style-type: none"> <li>Step 1: Inspect bicycle - walk around</li> <li>Step 2: Safely board bicycle</li> <li>Step 3: Put on helmet</li> <li>Step 4: Visual scan of environment</li> <li>Step 5: Begin pedalling</li> <li>Step 6: Look straight ahead with awareness of items/actions in peripheral vision</li> <li>Step 7: Maintain speed</li> <li>Step 8: Anticipate stop</li> <li>Step 9: Apply brakes and plant feet</li> <li>Step 10: Get off bicycle, set kick-stand, remove helmet</li> </ul> <p>Group Debrief / Reflection</p>	<ul style="list-style-type: none"> <li>~ Flip-chart</li> <li>~ Pre-prepared note-sheet with numbers for final steps to be filled in</li> </ul>
Pair Activity (Applying) SIMULATION - indoor	10:15	00:20	<ul style="list-style-type: none"> <li>~ Each pair is assigned to a stationary bicycle</li> <li>~ One person will read the steps and observe, the other person will perform the actions (ride for 30 seconds)</li> <li>~ After all steps are completed, switch roles</li> </ul> <p>Group Debrief / Reflection: how did that feel? what do you think will be different on a real bicycle?</p> <p>***substitution (optional) - stationary bicycle activity can be substituted with tandem-bicycle (two-person) activity. This requires each participant to be paired with an experienced rider or the facilitator.</p>	<ul style="list-style-type: none"> <li>~ stationary bicycles</li> </ul>

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Activity	Time	Dur.	Instructor's Notes	Files/Resources
<b>Break</b>	<b>10:35</b>	<b>00:15</b>	<b>*re-group outside for activity</b>	
Pair Activity (Applying) SIMULATION - outdoor	10:50	00:40	<ul style="list-style-type: none"> <li>~ Each pair is assigned to a proper bicycle with safety wheels</li> <li>~ One person will observe and provide support, the other person will perform the actions (steps) to travel 100 metres</li> </ul> <p>Group Debrief / Reflection: how did that feel? what was different than the stationary bike? what might be different on an unsupported bicycle?</p>	<ul style="list-style-type: none"> <li>~ bicycles with safety wheels</li> <li>~ contained area (lot) with appropriate flat surface i.e. parking lot</li> </ul>
End of Session Debrief	11:30	00:15	<ul style="list-style-type: none"> <li>~ Review skills</li> <li>~ Review steps</li> <li>~ Prepare action plan (I will ride 5 metres, supported this week, I will ride 10 metres by myself over the next two weeks, etc.)</li> </ul>	
Optional Session (Applying) PRACTICE - outdoor	11:45	00:30	<ul style="list-style-type: none"> <li>~ Participation in this activity is based on participants' comfort level - some may not be ready and others may not want to engage in public. All will be welcome to watch and support those who choose to participate in the activity.</li> <li>~ Individually with the facilitator, interested participants can work through the step-process on an unsupported proper bicycle</li> <li>~ Goals will be incremental: beginning with 5 metres, 15 metres, etc. and varying degrees of support from facilitator: walking backwards holding handlebars, behind holding seat, "spotting"...</li> </ul>	<ul style="list-style-type: none"> <li>~ bicycles</li> <li>~ contained area (lot) with appropriate flat surface i.e. parking lot</li> </ul>
<b>End of Session</b>	<b>12:15</b>			