

Riding a Bicycle - Lesson Plan (Participant)			
Activity	Time	Dur.	Notes
<i>Good morning networking</i>	8:30	00:30	~ Meet & Greet
Welcome & housekeeping	9:00	00:05	~ Attendance ~ Agenda
Introduction & Course Outline	9:05	00:05	~ 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.
Discussion	9:10	00:20	~ Why learn to ride a bike? ~ What brought you here today? ~ How does riding a bike relate to everyday life?
Video Activity	9:30	00:15	~ Review videos
Group Activity	9:45	00:30	~ Steps / Checklist
Pair Activity SIMULATION - indoor	10:15	00:20	~ Stationary bicycle simulation
Break	10:35	00:15	*re-group outside for activity
Pair Activity SIMULATION - outdoor	10:50	00:40	~ Safety bicycle simulation
End of Session Debrief	11:30	00:15	~ Review skills ~ Review steps ~ Prepare action plan
Optional Session PRACTICE - outdoor	11:45	00:30	~ Participation in this activity is based on your comfort level. ~ All will be welcome to watch and support those who choose to participate in the activity. ~ Individually with the facilitator, interested participants can work through the step-process on an unsupported proper bicycle
End of Session	12:15		