

- ▼ On-bike lesson 1
  - ▼ A. Starting and stopping
    - power pedal, how to get into power pedal, look up where you are going
    - using both brakes, feet down after stop
  - ▼ B. Bike handling practice:
    - practice riding in a straight line going out
    - full and complete stops at stop signs, stop bar
- ▼ On-bike lesson 2
  - ▼ A. Signalling and looking:
    - review hand signals
    - signal while riding, return hands to handlebars
    - at stop sign: power peddle position; look left, look right, look left again; signal again
  - ▼ B. Scanning:
    - explain context for scanning
    - practice scanning while maintaining a straight line, using instructor or student number display
- ▼ On-bike lesson 3
  - A. Seat height adjustment
  - ▼ B. Intersection
    - riding on the right side of the road; right-most lane that reaches your destination
    - stopping and yielding
    - communication and eye contact
    - rules of right-of-way
  - ▼ C. Scan - Signal - Scan - Merge
    - explain context for scan-signal-scan-merge
    - chant scan – signal – scan - merge
    - practice with instructor call-out
    - practice again without instructor call-out
- ▼ On-bike lesson 4
  - ▼ A. Gear shifting
    - gears: explain context
    - practice shifting up and down; remind students to put bike in third gear at end
  - B. Intersection
  - C. Scan - Signal - Scan - Merge
  - D. For 4th grade, last lesson, close with some fun activities
- ▼ On-bike lesson 5
  - A. review and practice all skills to this point
  - ▼ B. skills check, dot hand
    - successful scan-signal-scan-merge
    - successful stop sign (stop, power pedal, look left-right-left, signal again)
    - do not force students who will not graduate to continue on these skills
  - C. follow-the-leader ride around campus (no “free ride”), bike space
- ▼ On-street lesson
  - A. check permission forms
  - ▼ B. for students going (dots for permission, scan-signal-scan-merge, stop)
    - organize into groups (of about 8) with vests, and GO
  - C. offer students one last chance to demonstrate skills, but do not continue practice
  - D. offer a variety of fun activities for remaining students