

COMMUNITY RIDE

MS 5

DISCUSSION

This is an on-bike field trip. Students need to have a signed permission slip and helmet to participate. See the introduction for tips on how to organize for a successful on bike component. This is the culmination of the skills students have been studying and practicing in the past week. It is an opportunity to practice the skills they have learned in a real life scenario.

Students will be using the different skills we have discussed and practiced in the previous bike street safety skills units:

- Street communication, hand signals, voice and a friendly wave.
- Over the shoulder check
- Riding with the flow of traffic
- Don't be a squirrel - no weaving in and out of parked cars
- Negotiating intersections, right turns, left turns and going straight.
- Abiding by the same laws and rules of the road as car drivers.

It is important that students understand not just that they are using these skills but that they need to take the activity seriously to be safe.

SET UP

DESIGN A ROUTE

It is important that the instructor be familiar with the area you are going to be riding in. Ride through the neighborhood, noticing the location of STOP signs, bike lanes, lights, potential hazards and the business of different roads. Design a route that incorporates the skills you want students to practice. Time the ride. Groups always take longer. Plan on the ride being at least 10 minutes longer with students than it is when you ride it alone. If you have longer than one class period to conduct your ride, it is fun to have a destination. For example, ride to a local ice cream shop or a park for lunch.

PLAN FOR SUPPORT

Like any field trip you need extra support when you leave campus. Plan on a ratio of one adult to 4 or 5 students. Familiarize volunteers with the street safety skills you will be practicing. Supply volunteers with basic first aid packs (Band-aids, wipes and gloves) & flat tire kits, and make sure they know how to use them. Community rides can be a great place for an impromptu flat-changing demonstration.

INSTRUCTION

Like always start your ride with an ABCD safety check and helmet safety check.

Review the skills you will be practicing and any additional rules or expectations you have for field trips. Riders should be single file.

Review the route with the students and volunteers. Have maps of the route you will be taking to distribute to volunteers. Designate an adult to stay at the front of the pack and an adult to stay at the back. This is the sandwich technique. The adults are the bread and students are the peanut butter and jelly. The remainder of the adults should scatter themselves throughout the pack. If not all volunteers know how to change a flat designate someone as flat changer. The leader should plan on moving up and down the pack throughout the ride to check in with students and volunteers and to offer support and encouragement.

HAVE FUN! Enjoy your ride.



STANDARDS

- ☑ CA.PE.6.5 Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
- ☑ CA.PE.7.1.6 Demonstrate body management and object-manipulation skills needed for successful participation in introductory adventure/outdoor activities.
- ☑ CA.PE.8.1 Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

OBJECTIVES

- Practice the multiple skills discussed previously:
- ☑ Street communication skills
 - ☑ Over the shoulder check
 - ☑ Riding with the flow of traffic
 - ☑ Not weaving in and out of parked cars
 - ☑ Negotiating intersections
 - ☑ Abiding by the same laws and rules of the road as cars.

MATERIALS

- ☑ Bikes
- ☑ Helmets
- ☑ Field trip permission slips (signed)
- ☑ Maps (enough copies for volunteers)
- ☑ Flat changing kit
- ☑ First aid kit