**Bike Safety and Education Program**

**Curriculum Guide**

**GMSD**

*\*Lessons come from Bikeology Curriculum Manual*

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| Week | Topic(s) | Lesson(s) | Video(s) | Fitness  |
| Week 1: Intro to Bike Safety | -Bike Safety Basics-Riding Smart-Bike Helmets-Bike Fitting-ABC Quick Check | -Intro Activity: Bicycle Safety Video (Pages: 21-28)-Skill-Based Activity: Bicycle Helmet Function (Pages: 29-38)-Skill-Based Activity: Bicycle Helmet Fit (Pages: 39-45)-Skill-Based Activity: Bicycle Fit (Pages: 47-54)-Skill-Based Activity: ABC Quick Check (Pages: 67-79) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)1. How To: Bike Safe, Bike Smart
2. How To: Ride Smart-It’s Time to Start
3. How To: Bicycle Helmet Function
4. How To: Fit a Bike Helmet
5. How To: Perform a Bike Fit
6. How To: ABC Quick Check
 | \*Complete [plank](https://youtu.be/B296mZDhrP4) exercise challenges. |
| Week 2: Safety on the Bike | -Balance on a Bike-Safely Braking-Straight Line Ride-Power Start-Ready Position-Scanning-Signaling-Bike Handling-Bike Steering-Quick Stop | -Skill-Based Activity: Balance (Pages: 107-112)-Skill-Based Activity: Controlled Braking (Pages: 113-118)-Skill-Based Activity: Straight Line Riding (Pages: 119-124)-Skill-Based Activity: Power Start (Pages: 125-130)-Skill-Based Activity: Ready Position (Pages: 131-136)-Skill-Based Activity: Scanning (Pages: 137-142)-Skill-Based Activity: Signaling (Pages: 143-146)-Skill-Based Activity: Hazard Avoidance (Pages: 165-170)-Skill-Based Activity: Quick Stop (Pages: 171-176)-Skill-Based Activity: Instant Turn (Pages: 177-182) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)1. How To: Balance on a bike
2. How To: Safely Brake on a Bike
3. How To: Straight Line Riding
4. How To: Power Start
5. How To: Ready Position
6. How To: Scanning
7. How To: Signaling
8. How To: Bike Handling Skills
9. How To: Quick Stop

 10.)How To: Bike Steering | \*Complete [lunges](https://youtu.be/L8fvypPrzzs) (both legs) |
| Week 3: Bike Rodeo & Bike Skills | -Bike Rodeo -Figure 8-Snail Race-Water Bottle Pick-up-Bunny Hops | -Introduction Activity: Course Ride (Pages: 193-196)-Skill-Based Activity: Figure 8 Ride (Pages: 197-202)-Skill-Based Activity: Snail Race (Pages: 203-208)-Skill-Based Activity: Water Bottle Pickup (Pages: 217-222)-Skill-Based Activity: Bunny Hop (Pages: 223-228) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)1. How To: Bike Rodeo
2. How To: Figure 8
3. How To: Snail Race
4. How To: Water Bottle Pick-Up
5. How To: Bunny Hops
 | \*Complete [burpees](https://youtu.be/auBLPXO8Fww) exercise challenge. |
| Week 4: Road Safety Basics | -Navigate Intersections-Claim the Lane-Group Riding-Determine Target HR | -Skill-Based Activity: Rules of the Road (Pages: 247-254)-Skill-Based Activity: Lane Positioning (Pages: 255-268)-Skill-Based Activity: Group Riding Etiquette (Pages: 269-278)-Skill-Based Activity: Target Heart Rate (Pages: 339-346) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)1. How To: Navigate Intersections
2. How To: Claim the Lane
3. How To: Group Riding
4. How To: Determine Target HR
 | \*Complete [leg lift](https://youtu.be/bVA-JH2sZ2k) exercises. |
| Week 5: Bike Maintenance | -Adjust Brakes-Fix a Dropped Chain-Fix a Flat Tire | -Skill-Based Activity: Brake Adjustment (Pages: 313-316)-Skill-Based Activity: Fallen Chain Repair (Pages: 299-302)-Skill-Based Activity: Fixing a Flat Tire (Pages: 303-312) | [**https://www.thephysedexpress.com/bike-skill-videos.html**](https://www.thephysedexpress.com/bike-skill-videos.html)1. How To: Adjust Brakes
2. How To: Fix a Dropped Chain
3. How To: Fix a Flat Bike Tire
 | \*Complete [bicycle kick](https://youtu.be/9FGilxCbdz8) exercise. |