



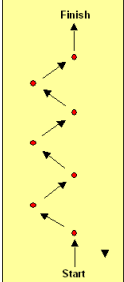
Activity Plan for Bike Riding Skills

Week 1			
Activity	How many or how long	How many days	Instructions
Bicycle Balancing Drill 	10 mins/day	3 days/wk	While you are riding your bike this week, try pedaling in a straight line (Hint: This works best if you can find a painted line in the school yard or playground. Alternatively, you could put a skipping rope or tape along the ground.) This bicycle drill will also help you focus on improving your balance.

Week 2			
Activity	How many or how long	How many days	Instructions
Bike Drill	15 mins/day	3 days/ wk	While you are riding your bike this week, try changing your speed. Spend 5 minutes pedaling really quickly, followed by 1 minute pedaling really slowly (suggestion: ride your bike on a flat grass surface in case you do lose your balance). Repeat this 6 minute bicycle drill once more. When you lower your speed, you will be able to focus on improving your balance!

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Week 3			
Activity	How many or how long	How many days	Instructions
Bicycle Balancing Drill	10 mins/day	3 days/wk	While you are riding your bike this week, try pedaling in a straight line. Challenge yourself to see how long you can ride your bike in a straight path! This bicycle drill will also help you focus on improving your balance. The slower you go the more you will work on your balance. If you are feeling comfortable, try to ride a straight line at different speeds.
Bike Drill 	10 mins/day	3 days/ wk	While you are riding your bike this week, try changing your speed. Spend 5 minutes pedaling really quickly, followed by 1 minute pedaling really slowly. Repeat this 6 minute bicycle drill once more. When you lower your speed, you will be able to focus on improving your balance! To challenge yourself a little more, find a neighborhood or areas that has some hills (incline and decline) to bike on.

Week 4			
Activity	How many or how long	How many days	Instructions
Bike Riding 	15 mins/day	3 days/wk	Go bike riding during the week. Try to go for a total of 45 minutes (either all at once or by adding up the time from different days). When you are riding, put out some markers on the ground in a line. The markers should be at least 3 metres apart. See if you can ride around the first marker on the right, the second on the left, the third on the right, etc. so that you are riding back and forth like a snake pattern.