





Activity Plan for Bike Riding for Endurance

Week 1			
Activity	How many or how long	How many days	Instructions
Bike Riding 	15 mins/day	2 days/wk	Go bike riding with friends or family during the week. Have fun being outside and see if you can ride up and down some small hills. Try to go for a total of 15 minutes (either all at once or by adding up the time). When you are riding your bike, see if you can keep moving for at least 5 minutes all at once.

Week 2			
Activity	How many or how long	How many days	Instructions
Biking 	30 minutes	Total for the week	Go bike riding with friends or family during the week. See if you can go for a ride on your bike in the conservation area. Have fun being outside and see if you can ride up and down some small hills. While you are out riding, practice doing your hand signals. Do you know how to signal that you are going to stop? Can you signal a right or left turn? Ask your Mom or Dad to show you the signals if you don't know them and then find a safe place to ride and practice your signals. You have to be able to ride in control with only one hand on the handle bars in order to do the signals. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are riding, see if you can keep moving for at least 8 minutes all at once.

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Week 3			
Activity	How many or how long	How many days	Instructions
Biking 	45 minutes	Total for the week	Go bike riding with your family or friends 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, see if you can keep moving for at least 10 minutes all at once.

Week 4			
Activity	How many or how long	How many days	Instructions
Biking 	60 minutes	Total for the week	Try to go for a total of 60 minutes (either all at once or by adding up the time from different days). When you are riding, see if you can keep moving for at least 12 minutes all at once.