
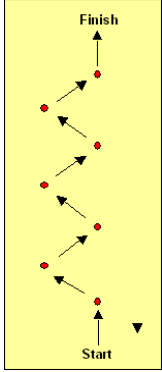


Activity Plan for Bike Riding BMX


Week 1			
Activity	How many or how long	How many days	Instructions
Bike Riding 	30 mins	Total for the week	<p>Go biking this week with a friend or family member. You can go all at once, or add up the time from different days. If you think you might like to try some BMX bike riding, the first thing to do is to get used to riding with all of the safety gear! Of course, I know that you always wear your helmet! But for BMX riding you might need a different type of helmet. You should also have other safety gear, like elbow or knee protectors. If you're not sure what safety gear you need, check out the web site at: http://ezinearticles.com/?Safety-Equipment-for-Easy-BMX-Tricks&id=261794</p> <p>When you have all of your safety gear, try wearing it while you go bike riding this week. It will definitely take some time to get used to riding with all the gear, but there's no way you can try any BMX tricks without the safety gear! Remember, don't ever try even the easiest BMX trick without the proper safety gear.</p> <p>While you are riding, try all different styles of riding. You should be able to pedal fast, pedal while standing up, turn corners easily, and stop quickly (while wearing all your gear) before you ever try your first trick. Try turning wide corners and tight corners. Try turning to the right and to the left. Try turning going uphill and downhill. Make sure that you are really comfortable and in control of both your body and your bike.</p>

Activity Plan for Bike Riding BMX

Week 2			
Activity	How many or how long	How many days	Instructions
Bike Riding 	30 minutes	Total for week	<p>Go bike riding during the week. 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, put out some markers on the ground in a line. The markers should be at least 3 meters 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.</p> <p>Work on the different styles of riding that you tried last week.=You should be able to pedal fast, pedal while standing up, turn corners easily, and stop quickly (while wearing all your gear) before you ever try your first trick. Try turning wide corners and tight corners. Try turning to the right and to the left. Try turning going uphill and downhill. Make sure that you are really comfortable and in control of both your body and your bike.</p>

Week 3			
Activity	How many or how long	How many days	Instructions
BMX Bike Riding	40 mins	Total for the week	<p>“Wheelies” and “Manuals” are also some of the easiest BMX tricks to learn. You probably already know what a Wheelie is. It’s when you are riding your bike and while you are pedaling you pull the front wheel up off the ground. A “Manual” is almost the same thing. You pull the front wheel off the ground but, unlike a Wheelie, you don’t pedal while the wheel is up. For both tricks you need to get your weight way back on your back wheel and have your arms loose so you can adjust where the handlebars are. Don’t worry, both tricks take a lot of practice if you want to be able to do them for a long distance.</p>

Activity Plan for Bike Riding BMX

Week 4			
Activity	How many or how long	How many days	Instructions
BMX Bike Riding 	40 mins	Total for the week	The “Bunny Hop” is another really cool BMX trick to learn, and it looks really cool! If you don’t know how to do a bunny hop, ask a BMX rider you know or you can also find information about how to bunny hop at the library or on the internet. For example, there’s information on the web at: http://www.wikihow.com/Bunny-Hop-on-a-Bike .