

Pro Ride Cycling Taster Day & Instructor Training Course

St Mary's Primary School – Address TBA

Thu, 28 June 2018

Draft Itinerary

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Trainees: TBC

Outline – times may vary depending on school day.

9.45	Welcome, introduction
10.00	Intro to Pro-Ride. Overview of programs and their applications in school
10.15	Setting up the activity areas – a walk-through of how to set up cycling activities and circuits on playground/field/hall. Basic equipment needs.
11.00	First Session Demo with 15 children (playground) *
12.10	Lunch
13.05	Second Session with 15 children (playground/field) *
14.00	Third Session with 15 children (assisted by trainees) (playground/field) *
15.00	Clear up/break
15.15	Review of sessions and a look at the range of activities that can be used (games, challenges, races)
15.45	Planning and getting started. Discussion of how cycling could be integrated into the curriculum and a look at other applications for cycling (KS2 inter-school competitions, balance bike sessions etc)
16.30	Plenary, next steps and feedback

*Classes to take part in these sessions are TBC with the school prior to visit.