



Learn to Ride

Session Plans

Session 1

Session Objectives – By the end of the session all riders will be able to:

- Understand the importance of wearing a helmet and fit own helmet
- Mount and dismount bike safely
- Manoeuvre a bike around a course using a variety of footwork patterns

Number of riders:	Up to 10	Age:	4 years +	Ability:	Beginners
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	Activity	Time
	Before session • Complete or review risk assessment • Set up basic course • Check riders helmets, clothing and bikes	15 mins
1.	Introduction • Outline session objectives for today (see above)	5 mins
2.	Activity Card 1 - "Wearing a Helmet"	5 mins
3.	Activity Card 2 - "Mount/dismount a bike"	10 mins
4.	Activity Card 3 - "Introducing Balance"	35 mins
5.	Closing • Ask riders to line up at the start of course. • Praise riders for their efforts during session • Ask questions to check learning. • Tell riders that they will be learning about how to steer their bikes during the next lesson.	5 mins

Session 2

Session Objectives – By the end of the session all riders will be able to:

- Steer bike around a variety of corners
- Glide with feet up

Number of riders:	Up to 10	Age:	4 years +	Ability:	Beginners
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	Activity	Time
	Before session • Review risk assessment • Set up basic course • Check riders helmets, clothing and bikes	15 mins
1.	Introduction • Ask riders if they can remember what skill we are going to focus on today? • Outline session objectives for today (see top of page)	5 mins
2.	Recap • Ask riders to spread out and lay their bikes down on the ground the way we learnt in the last session. Remind riders of the key coaching points for mounting (1) and dismounting (2) their bikes. • Challenge riders to demonstrate how to mount and dismount their bikes. Repeat twice	5 mins
3.	Activity Card 4 - “Developing Balance”	10 mins
4.	Activity Card 5 - “Steering”	25 mins
5.	Activity Card 6 - “Minefields”	10 mins
7.	Closing • Ask riders to line up at the start of course. • Praise riders for their efforts during session • Ask questions to check learning • Tell riders that they will be learning about how to use their brakes to slow down and stop their bikes during the next lesson.	5 mins

Session 3

Session Objectives – By the end of the session all riders will be able to:

- Use brakes to slow down and stop bike
- Glide with feet up whilst steering and breaking

Number of riders:	Up to 10	Age:	4 years +	Ability:	Beginners
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	Activity	Time
	Before session • Review risk assessment • Set up basic course • Check riders helmets, clothing and bikes	15 mins
1.	Introduction • Ask riders if they can remember what skill we are going to focus on today? • Outline session objectives for today (see top of page)	5 mins
2.	Recap • Activity Card 2 - Mount/Dismount a Bike - Ask riders to spread out with their bikes laid down on the ground. Ask riders to demonstrate how they have learned to mount and dismount their bikes. • Activity Card 4 - Developing Balance - Ask riders to ride a round the course demonstrating; long strides (2-3 laps), two footed pushes (2-3 laps) • Activity Card 5 - Steering - Ask riders to steer in and out of cones to demonstrate their steering skills. Practice gliding whilst returning to the start. See how long they can glide for. Can they beat their gliding record?	5 mins 5 mins 5 mins
3.	Activity Card 7 - Braking	25 mins
4.	Activity Card 8 - Traffic Lights	10 mins
5.	Closing • Ask riders to line up at the start of course. • Praise riders for their efforts during session • Tell riders that they will be learning about pedalling during the next lesson. ** After the session, remind parents to send their child's pedals with them to the final session. Share the "How to remove pedals from a bike" YouTube	5 mins

	video with parents and ask them to replace the pedals if they are able to. If they can't, the instructor should do it before the next session starts.	
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Session 4

Session Objectives – By the end of the session all riders will be able to:

- Ride a bike with pedals independently
- Set off unaided

Number of riders:	Up to 10	Age:	4 years +	Ability:	Beginners
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	Activity	Time
	Before session • Review risk assessment • Mark out oval course • Check riders helmets, clothing and bikes • Ensure that all riders have their pedals fitted to their bike. Fit any that need to be (15mm spanner)	15 mins
1.	Introduction • Ask riders to line up on a line outside or inside the course (not on the course) • Highlight the different course that we will be using today.	2 mins
2.	Recap • Outline to riders that we have learnt almost all of the skills that we need to ride a bike; ○ Balancing ○ Steering ○ Braking • All we need to learn now is how to Pedal	3 mins
3.	Activity Card 9 - Pedalling	30 mins
4.	Activity Card 10 - Setting off	20 mins
5.	Closing • Ask riders to line up at the start of course. • Praise riders for their efforts during session • Encourage them to get lots of practice at home to continue to improve their riding.	5 mins