

Rototuna Junior High School – Bike training Plan

Date:	14/02/24 & 15/02/24 3:30-4:30pm	Location:	Korikori Park https://www.plotaroute.com/route/2459590
Goal:	Increase students biking confidence and road safety knowledge.	Instructors:	Desiree Burborough Gordon Burt
Equipment:	Bikes & helmets for instructors. Bike and helmet for student if needed. First aid kit Bike pump and basic tools. Phone & emergency contact info.	H & S:	See RMP
Teaching points:	All teaching points follow out training plan of discuss, demo, do. <i>Discuss</i> – how and why certain aspects are necessary and where they are applicable. <i>Demo</i> – instructor demonstrates. <i>Do</i> – students have at least two attempts each. Specific feedback is given each time. -Control of the bike when riding in straight lines, around corners and obstacles, and braking. -Looking over each shoulder and keeping control of bike. -Confident signalling while biking. -Braking quickly with control. -Display appropriate shared path etiquette. -Positioning when biking along a road. -Safe passing a parked car. -Complete a u-turn on a quiet street. -Left and right hand turns in quiet streets.		