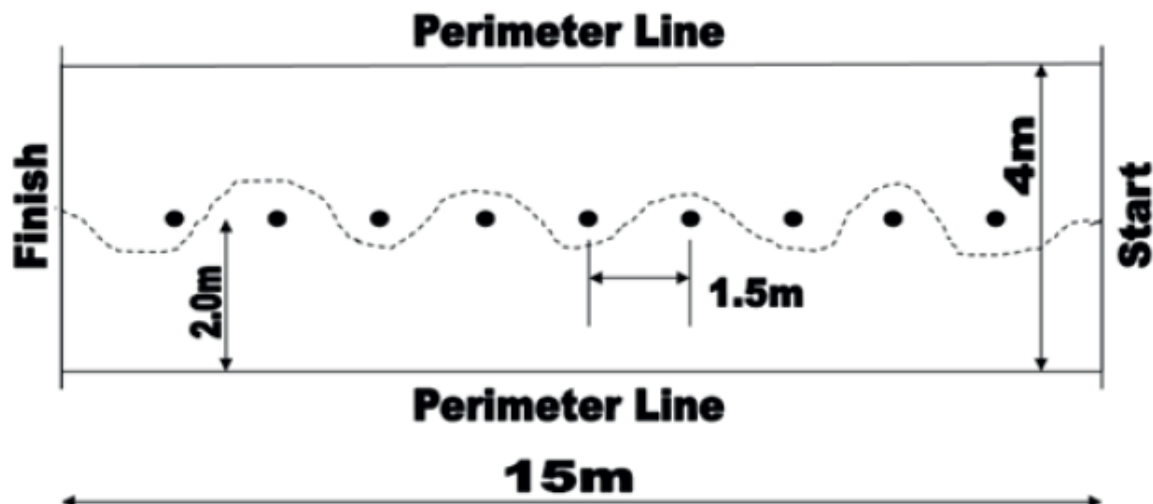


Slalom

Set up and equipment:

Dome cones and chalk.



Instructions:

Riders commence one at a time and slalom ride around the cones.

Safety:

One student on the course at a time.

The course is one way only.

Set up a wait zone at the finish line and riders return once all riders are through the course.

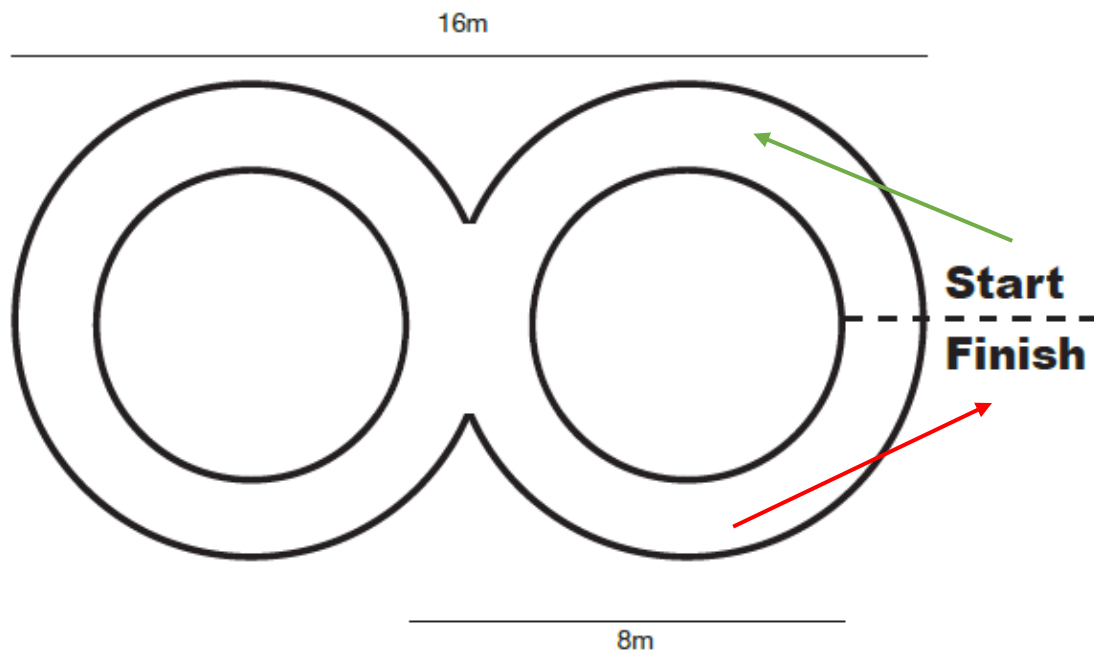
OR

Set up a return travel path if riders are confident enough to return simulating 2 way traffic.

Figure 8

Set up and equipment:

Chalk or dome cones.



Instructions:

Riders start at the start line and travel anticlockwise around the figure 8. They slow before the finish line and join the rest of the riders who are waiting for their turn at the start line.

Safety:

Riders should wait outside of the start line area.

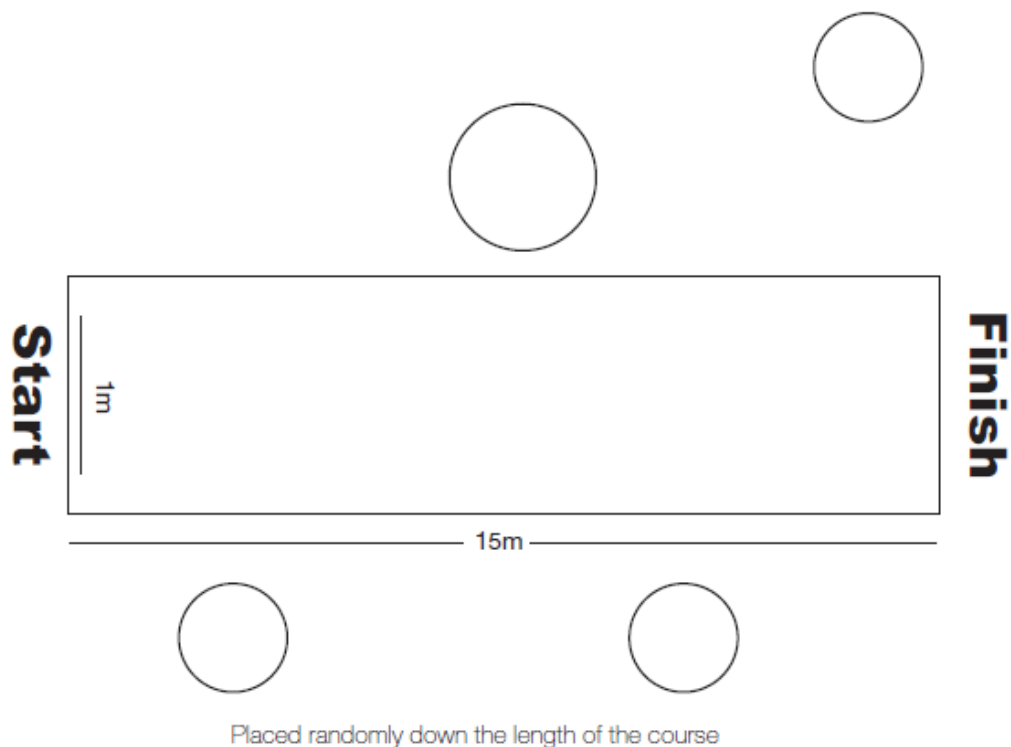
Riders to leave the last section of the figure 8 prior to the finish line.

Determine the number of riders on course at any one time based on the riders ability.

Bean bag toss

Set up and equipment:

Bean bags, hoops, dome cones and chalk.



Instructions:

Riders hold 4 bean bags and ride in a controlled manner through the course trying to toss one bean bag in each hoop. Tip: bean bags can be in pockets, inside shirt etc or use alternate objects based on the riders ability.

Safety:

Ensure riders can ride with one hand off the handlebars prior to the activity.

One rider on the course at a time.

Bean bag pick up

Set up and equipment:

Bean bags, witches hat cones, chalk and dome cones.



Instructions:

One at a time, riders travel towards the first cone with a bean bag resting on top and pick up the bean bag. They ride onto the next cone with a bean bag and complete the same task.

Safety:

One rider at a time.

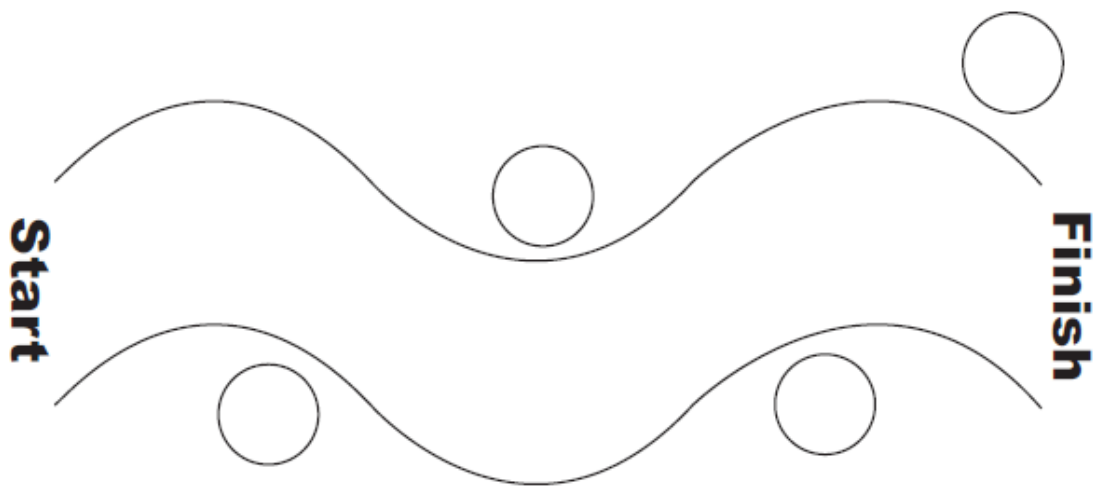
Riders may toss the bean bag to the side once they have taken it from the cone.

Riders wait at the end of the course and retrieve their bean bag once the course is clear (walking??)

Coin drop

Set up and equipment:

Coins or counters, cups or containers/buckets and chalk or dome cones.



Instructions:

Riders have 4 coins in their hands and ride toward the cups/containers. They drop one coin in the cup/container and continue through the course until completed.

Safety:

One rider on the course at a time.

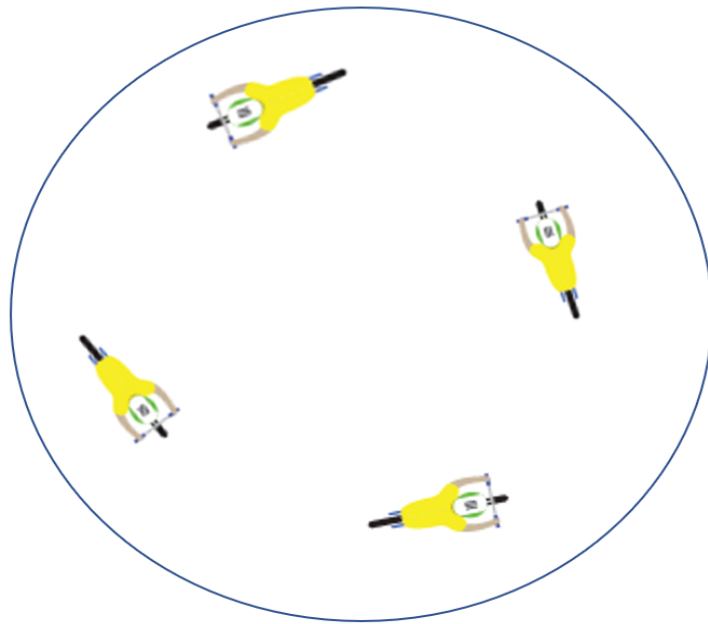
Course is one way.

Collect coins once each rider has completed course.

Circle slow riding

Set up and equipment:

Chalk or dome cones.



Instructions:

Riders all commence in a stationary position in power position. On 'go' all riders commence riding around in the circle. If a rider goes outside of the circle or puts their foot on the ground, they leave the circle and travel around the outside of the circle using slow riding.

Safety:

For beginner riders, keep traffic moving one way.

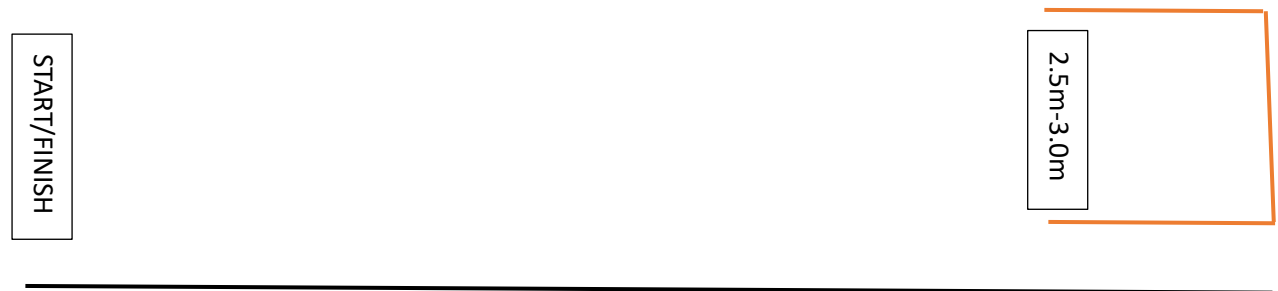
Riders may/may not touch each other's tyres/bikes (you decide what is safe for your classroom).

Outside riders to keep 1 metre out (mark with cones).

Box u turns

Set up and equipment:

Chalk or dome cones.



Instructions:

Riders move through the course one at a time and return to the finish position after they complete the box u turn. They should:

- keep the pedal on the inside of the turn upright in the 12 o'clock position
- shift weight to the inside of the turn
- turn the inside knee out
- drop the inside shoulder slightly.

Safety:

Riders complete the course in both directions before the next rider goes.

Use the above riding tips to aid balance.

Use the 3m wide u turn first and decrease as needed.

Use chalk or dome cones that will squash down easily if rider misses the inside of the course.

Instructor notes

- Each activity should commence with scanning and power position.
- Most activities are one way only.
- Design a 'ride out' road to help riders get back to the start position safely.
- All activities can be modified to increase or decrease difficulty.
- Know your rider's skill levels before completing the activities (pre assessment).
- Assessment can be done at each of these stations to determine if students are ready for road riding.
- Students come up with great alternatives to these base tasks.