

CAMPUS SUPPORT GUIDE

To properly implement this curriculum, it is vital to secure the support of the school, teachers, and parents. Everyone has an essential role to play. Learning how to ride a bike is a childhood milestone. It gives kids a burst of freedom and joy that will stick with them well into adulthood. This is a chance for both parents and staff to be a part of this defining moment!



Administration

Getting support starts with the school administration. Consider giving a short presentation to key staff on the value of the program and its positive impacts throughout student's lives. You can use the attached info sheet as a starting point. Once you have their buy in, it will be easier to get support from teachers and parents.



Teachers

If available during these lessons, classroom teachers will be invaluable in both helping maintain students' focus and assisting in the Learner's Course where students may be struggling. You and the school principal should discuss the program with classroom teachers at least one month in advance of the first lesson, and share the attached handout. This will give adequate time to get their students excited, and recruit parent volunteers. Remind teachers that this is a chance for them to connect with their students in a new way: teaching them a valuable skill while having fun together outside!



Parents

Students' parents make great volunteers help on the Learner's Course, and lead the Group Ride. A great way to recruit parents is to frame this as an opportunity for them to help their student achieve a childhood milestone, all in a safe environment at school. Work with the school to send out an invitation to participate (see [Parent Notification Flier](#)) in this big moment several weeks in advance. Remind them to bring their bikes as well so that they can demonstrate skills to the learners. Consider having them arrive 20-30 minutes before the lesson to help you set up.

Volunteer Duties

To teach these lessons as written, we strongly recommend securing at least 3 assistants: two to run the Learner's Course, and one to lead the Group Ride. If you can get more assistants, even better! More assistants will allow a better ratio of instructors to students. These assistants can be classroom teachers, other school staff, or parent and community volunteers. They will help you by:

- Assisting with lesson setup.
- Assisting with helmet and bike distribution and fitting.
- Helping fix any minor mechanical issues before the lesson.
- Providing 1:1 mentorship of new riders on the Learner's Course.
- Leading the Group Ride.
- If you can get more than 3 assistants, they can serve as pedestrians on many of the Skills Courses, giving students a more real-world experience of traffic scenarios.
- Assisting with lesson cleanup.



Freedom to Ride

Bicycle Skills Curriculum

Info Sheet

Introduction

Learning to ride a bicycle is a key milestone of childhood. It not only fosters confidence and promotes a healthy, active lifestyle, but also gives kids the ability to explore their world—and have fun while doing so! MOVE designed this curriculum to give kids the skills they need to pedal the streets in their community safely. We hope that by learning these skills, students and families will be more likely to consider the bicycle as a viable way to get to school, run errands, and get anywhere they need to go.

Philosophy

Historically, bicycle education has focused on a rules-first approach, teaching kids skills because “it is the law.” While this is undoubtedly true, our goal is to reframe the teaching process. Kids should learn how to ride safely because it gives them freedom and independence. Riding safely means having more fun. Teaching your students these skills with this positive philosophy will not only help them see the benefits of safe riding, but will also make them more conscious and active members of the community.

Structure

This curriculum is built around 8 lessons that will teach your students how to confidently and safely navigate their world under their own power. Each of these lessons are each designed to be completed during a single PE class period.

Your school’s PE teacher will lead the lesson, ideally with the help of a minimum of 3 volunteer assistants. These can include the classroom teacher, school staff, and/or parent and community volunteers. The more adults who can help with these lessons, the better! Especially for those learning to ride, having 1:1 instruction will help them become more confident in their ability to explore the world under their own power.

