



Bike skill development



Balancing instructions

- Lift one foot off the ground
- Shift weight onto the other foot
- Repeat on other side, rocking left to right
- Try lifting both feet at the same time

Power pedal instructions

The 'power pedal' position allows the cyclist to have the most powerful first pedal stroke, resulting in a smoother and faster start

- Identify dominant foot (usually the same as dominant hand)
- Align pedal of dominant foot with bike frame down tube
- Place dominant foot on the pedal
- Transfer weight and drive the pedal down



Controlled braking instructions

- Apply both brakes (if the bike has front and rear brakes)
- Shift your weight over the rear tyre
- Place one foot onto the ground when stopped
- Have the other foot ready to go on the 'power pedal'

Turning instructions

- Explain to students that you only need small, smooth movements to change the direction of a bike
- Slightly turning the handle bars with a slight lean towards the corner/turn will generally be enough to turn a bike
- Make the link between the balance of the bike and how this relates to turning

Rear head check instructions

Rear head checks should be done before mounting and dismounting your bike, turning and stopping. Whilst maintaining a steady and controlled pace on the bike the rider:

- looks over right shoulder to check for any other riders or traffic
- looks over left shoulder to check for any other riders or traffic

Signalling instructions

Whilst maintaining a steady and controlled pace on the bike the rider:

- Extends left arm to signal a left hand turn
- Extends the right arm to signal a right hand turn
- Extends arm to the side and bent at the elbow with hand pointing to the ski to signal a stop



Left turn

Stop

Right turn

Hesitant rider instructions

These are suggestions to help riders not yet at the expected skill level to build their confidence.

- Lower the seat, enabling the rider to put both feet flat on the ground while seated. As the rider's confidence increases gradually raise the seat
- Use balance bikes instead of pedal bikes. You could remove the pedals from a bike if you don't have balance bikes
- Place riders in like ability groups
- Use other students/assistants/helpers/peer mentors (if available) to provide 1:1 instruction
- Use grass areas instead of asphalt