

SAFETY

Understands the importance of Helmet Safety

★ ★ ★
1 2 3

Correctly identifies characteristics for helmet size and how to secure helmet

★ ★ ★
1 2 3

Understands the importance of finding the correct bike size. Knowledge in making sure the seat, and handlebars fit tightly

★ ★ ★
1 2 3

Basic understanding of safety precautions, road obstacles, and what to avoid (e.g. puddles, changes in the road or sidewalk surface)

★ ★ ★
1 2 3

Basic understanding of different gears, and brakes

★ ★ ★
1 2 3

Understands the importance of checking tire pressure, and the effects on mobility

★ ★ ★
1 2 3

Understands the function of the chain in the bicycle

★ ★ ★
1 2 3

Understands basic road rules (e.g. always ride with two hands on the handles, stop at all stop signs etc.)

★ ★ ★
1 2 3

Understands the importance of all road rules (e.g. passing etiquette, checking traffic and intersections, riding with cars)

★ ★ ★
1 2 3

Memorized and can identify all hand signals

★ ★ ★
1 2 3

BALANCE

Can steer and stop the bicycle by walking over the bicycle

★ ★ ★
1 2 3

Introduction to pedalling, gliding, steering, stopping

★ ★ ★
1 2 3

Able to stand and balance one foot on a pedal without falling for 10 seconds

★ ★ ★
1 2 3

Pedal bike in a straight line with minimal supervision. Able to bike in a straight line for 10 metres for front crawl

★ ★ ★
1 2 3

Able to stand and pedal with dominant foot for 2 full cycles

★ ★ ★
1 2 3

Able to pedal bike with no supervision, in a straight line for a minimum of 15 metres.

★ ★ ★
1 2 3

Able to stand and pedal with dominant and non-dominant foot for 2 cycles each

★ ★ ★
1 2 3

Able to pedal bike in a straight line for a minimum of 20 metres while holding a hand signal for 5 seconds.

★ ★ ★
1 2 3

Able to stand and pedal with dominant and non-dominant foot for 5 cycles each

★ ★ ★
1 2 3

Able to pedal bike in a straight line for a minimum of 25 metres while alternating hand signals, and engaging in shoulder checks.

★ ★ ★
1 2 3

STEERING

Can successfully steer by holding onto the handles while walking over the bicycle

★ ★ ★
1 2 3

Demonstrates ability to look where they're steering

★ ★ ★
1 2 3

Can successfully steer left and right in an open area

★ ★ ★
1 2 3

Can successfully turn 5 corners using counter-steering

★ ★ ★
1 2 3

Can successfully steer through a defined course, including left and right turns as well as cornering

★ ★ ★
1 2 3

Demonstrates ability to turn handlebars in proportion to desired movement

★ ★ ★
1 2 3

Can successfully steer through an obstacle course, with 2-3 errors

★ ★ ★
1 2 3

Can understand how cycling on a different terrain will alter one's ability to steer and adjustments to be made

★ ★ ★
1 2 3

Can successfully steer through obstacle course with no errors

★ ★ ★
1 2 3

Demonstrates ability to alter steering based on which terrain they're biking on, without instruction

★ ★ ★
1 2 3

BREAKING

Basic understanding and practice with control of feet

★ ★ ★
1 2 3

Demonstrates ability to look where they're steering

★ ★ ★
1 2 3

Able to stop at targeted points with no assistance

★ ★ ★
1 2 3

Able to identify when to use foot to assist in slowing down

★ ★ ★
1 2 3

Understands the difference in gears and when to use them

★ ★ ★
1 2 3

Able to use front and rear brakes on command as conducted by instructor

★ ★ ★
1 2 3

Able to use front and rear brakes as instructed with no assistance

★ ★ ★
1 2 3

Able to identify when to use brakes/when to adjust pedalling speed to reach the destination during obstacle course

★ ★ ★
1 2 3

Able to utilize both front and rear brakes as instructed. Transitions between brakes are smooth and effortless.

★ ★ ★
1 2 3

Able to safely adjust from high and low speeds quickly during obstacle course. Full control of the bicycle is used.

★ ★ ★
1 2 3



TEAM PLAYER



CAPTAIN



PASSION FIRED



VOCAL



SPORTSMANSHIP

OF THE WEEK

COACH'S SIGNATURE: _____

GEAR CHANGE

★ ★ ★
1 2 3

★ ★ ★
1 2 3

★ ★ ★
1 2 3

★ ★ ★
1 2 3

Has a basic understanding of the purpose behind gears on a bicycle

★ ★ ★
1 2 3

Demonstrates knowledge of use for low, middle, and high gear

★ ★ ★
1 2 3

Understands how cadence is used to influence gear changes

★ ★ ★
1 2 3

Demonstrates ability to change gears (if bike is capable) while stationary, on command

★ ★ ★
1 2 3

Can successfully change gears while cycling, on command

★ ★ ★
1 2 3

Can successfully identify what gear to use and indicate how to change, when posed with a situation

★ ★ ★
1 2 3

BIKING KNOWLEDGE

Can understand the basic parts of a bicycle (wheels, pedals, seat)

★ ★ ★
2 3

Can understand the difference between a working and non-working bicycle, with assistance

★ ★ ★
2 3

Demonstrate knowledge of the bicycle's specific parts, including chains and tire pressure

★ ★ ★
2 3

Can successfully identify that there is an issue with the bike

★ ★ ★
2 3

Can demonstrate general knowledge of tire pressure, seat adjustment, bike-chain issues

★ ★ ★
2 3

Can successfully identify where repair is needed on the bicycle

★ ★ ★
2 3

Can successfully check and inflate a tire with some assistance

★ ★ ★
2 3

Can successfully repair the bike chain when loose with some assistance

★ ★ ★
2 3

Can successfully repair the bike chain when loose with no assistance

★ ★ ★
2 3

Can successfully check and inflate a tire with no assistance

★ ★ ★
2 3

TRAFFIC SKILLS

Can demonstrate basic understanding of hand signalling

★ ★ ★
1 2 3

Understands importance of staying away from traffic while biking

★ ★ ★
1 2 3

Can successfully indicate direction while stationary

★ ★ ★
1 2 3

Demonstrates awareness of surroundings when biking

★ ★ ★
1 2 3

Can successfully indicate direction in a controlled course

★ ★ ★
1 2 3

Can demonstrate knowledge relating to road safety: staying on sidewalk, stopping at lights/signs, watching for cars

★ ★ ★
1 2 3

Demonstrates knowledge of basic traffic signs and symbols

★ ★ ★
1 2 3

Can complete traffic safety obstacle course, with maximum 2-3 errors

★ ★ ★
1 2 3

Demonstrates knowledge of traffic rules and regulations; right of way, cross-walks, pedestrian safety

★ ★ ★
1 2 3

Can successfully complete the traffic safety obstacle course, with zero errors

★ ★ ★
1 2 3



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