

General Notes

- Remember all names by the first day
- Nothing should be going on for more than 35 minutes
- Make sure they are enjoying the drills
- Make sure they have sunscreen and water
- Report bullying or injuries
- Make them put report cards in their bag so they don't lose them
- Headcounts after every drill
- Identify problems before they happen
- Keep them engaged
- Minimal lines for drills
- If they don't already know how to bike put them aside and work with them until they do

Monday

Time	Activity	Notes
9:05	Name game and get to know you games	Try and establish a good relationship with the kids and memorize their names
9:15	Safety and Bike checks	Make sure everyone's helmet and bikes are good <ul style="list-style-type: none">- Once done they can free bike until everyone's checked
9:35	Biking around Pylons	Asses skills, see who is more advanced and who is having trouble
9:50	Obstacle course- Get through without touching pylons... make progressively harder, and more competitive depending on how they are feeling	Change the obstacle course and try to have minimal waiting time
10:25	Snack	
11:05	Go over signals	
11:15	Create an obstacle course they must complete while using signals	Make sure they are using them correctly

11:40	Freeze bike	Bring speaker
12:00	Lunch- SWITCH TO TFS	
1:00	Get out of Lunch	Make sure they have sunscreen and water
1:05	Name game and get to know you games	Try and establish a good relationship with the kids and memorize their names
1:20	Biking around Pylons	Asses skills, see who is more advanced and who is having trouble
1:50	Obstacle course- Get through without touching pylons... make progressively harder, and more competitive depending on how they are feeling	Change the obstacle course and try to have minimal waiting time
2:25-3:00	Snack	Make sure everyone have sunscreen and water when leaving
3:05	Octopus	The person who is it doesnt go on bike and taps people very lightly.
3:30	Red light Green light	Focussing on the importance of stopping and going
3:45	Freeze bike	Bring speaker from home- Let some good kids pick the music and focus on the essentials of stopping and going
4:20	Go into the gym for the end of the day	

Tuesday

Time	Activity	Notes
9:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
9:20	Safety and Bike checks	Make sure everyone's helmet and bikes are good <ul style="list-style-type: none">- Once done they can free bike until everyone's checked
9:25	Slalom course	Think about the skills of turning. Do this in different sizes and at different speeds
9:50	Figure eight	Turning exercise <ul style="list-style-type: none">-Put in variations with ramps etc
10:25	Snack	
11:05	Obstacle course- Get through without touching pylons... make progressively harder, and more competitive depending on how they are feeling	Still focusing on turning skills from the day before
11:15	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
11:40	Freeze bike	Bring speaker
12:00	Lunch- SWITCH TO TFS	

TFS

Time	Activity	Notes
1:00	Get out of Lunch	Make sure they have sunscreen and water
1:05	Ask about their day at camp yesterday and what their	Keep having a good relationship with kids and

	favourite games were	include their favourite games in your games
1:20	Slalom course	Think about the skills of turning. Do this in different sizes and at different speeds
1:50	Figure eight	Turning exercise
2:25-3:00	Snack	Make sure everyone have sunscreen and water when leaving
3:05	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
3:20	Go into the gym for the end of the day	

Wednesday

Time	Activity	Notes
9:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
9:20	Safety and Bike checks	Make sure everyone's helmet and bikes are good - Once done they can free bike until everyone's checked
9:25	Ramp course	Set up ramps and cones and make them go over the

		ramps
9:50	Relay race with ramps	Set up teams and course
10:25	Snack	
11:05	Obstacle course- Get through without touching pylons... make progressively harder, and more competitive depending on how they are feeling	Still focusing on turning skills from the day before
11:35	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
12:00	Lunch- SWITCH TO TFS	

TFS

Time	Activity	Notes
1:00	Get out of Lunch	Make sure they have sunscreen and water
1:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
1:20	Ramp course	Set up ramps and cones and make them go over the ramps
1:50	Relay race with ramps	Set up teams and course
2:25-3:00	Snack	Make sure everyone have sunscreen and water when leaving
3:05	Obstacle course- Get through without touching pylons... make progressively harder, and more competitive depending on how they are feeling	Still focusing on turning skills from the day before
3:30	Go into the gym for the end of the day	

Thursday

Time	Activity	Notes
9:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
9:20	Safety and Bike checks	Make sure everyone's helmet and bikes are good <ul style="list-style-type: none">- Once done they can free bike until everyone's checked
9:25	Slalom course	Think about the skills of turning. Do this in different sizes and at different speeds -- Review
9:50	Chalk game	Put down a chalk line and challenge the kids to stay on the line- experiment to doing at different speeds
10:25	Snack	
11:05	How slow can you go- make a course and see how slow people can go without putting their foot down	Focusing on control over the bike

11:30	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
11:35	How far can you go	Say a set amount of pedals and see how far people can go after you make a couple pedals
12:00	Lunch- SWITCH TO TFS	

TFS

Tlme	Activity	Notes
1:00	Get out of Lunch	Make sure they have sunscreen and water
1:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
1:20	Slalom course	Think about the skills of turning. Do this in different sizes and at different speeds -- Review
1:50	Chalk game	Put down a chalk line and challenge the kids to stay on the line- experiment to doing at different speeds
2:25-3:00	Snack	Make sure everyone have sunscreen and water when leaving
3:05	How slow can you go- make a course and see how slow people can go without putting their foot down	Focusing on control over the bike
3:30	Go into the gym for the end of the day	

Friday

Time	Activity	Notes
9:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
9:20	Safety and Bike checks	Make sure everyone's helmet and bikes are good <ul style="list-style-type: none">- Once done they can free bike until everyone's checked
9:25	Chalk game	Put down a chalk line and challenge the kids to stay on the line- experiment to doing at different speeds -Review from Yesterday
9:50	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
10:25	Snack	
11:05	Relay race	Fun tournament races to end the week
11:30	How far can you go	Say a set amount of pedals and see how far people can go after you make a couple pedals -See who can win
11:35	Normal race	Racing tournament
12:00	Lunch- SWITCH TO TFS	

TFS

Time	Activity	Notes
1:00	Get out of Lunch	Make sure they have sunscreen and water

1:05	Ask about their day at camp yesterday and what their favourite games were	Keep having a good relationship with kids and include their favourite games in your games
1:20	Chalk game	Put down a chalk line and challenge the kids to stay on the line- experiment to doing at different speeds -Review from Yesterday
1:50	Ask the kids what their favourite bike related game is and do it with them	-make sure it is safe
2:25-3:00	Snack	Make sure everyone have sunscreen and water when leaving
3:05	Relay race	Fun tournament races to end the week
3:30	Go into the gym for the end of the day	- Hand out report cards