

BIKING CAMP WEEKLY PLANNER:

	DAY 1 (STOP AND START)	DAY 2 (HANDLING)	DAY 3 (SIGNALING)	DAY 4 (RECAP)	DAY 5 (RACE DAY)
8:30 AM	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	TAC PROGRESS REPORT INTRO + GROUP RULES	BIKE SAFETY CHECK	BIKE SAFETY CHECK	BIKE SAFETY CHECK	BIKE DECORATION
9:20 AM	ICE BREAKER GAMES	CALM GROUP BONDING	CALM GROUP BONDING	CALM GROUP BONDING	BIKE DECORATION
10:00 AM	BIKE SAFETY CHECK	SLALOM COURSE	INTRO TO SIGNALING	TRAFFIC GAME	BIKE SAFETY CHECK
10:30 AM	SNACK	SNACK	SNACK	SNACK	SNACK
11:00 AM	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK
11:20 AM	INITIAL ASSESSMENT OF RIDERS	BIKE PACMAN	SIGNALING WHILE IN A STRAIGHT LINE	FREEZE BIKE	MINI RACE 1
11:40 AM	RED LIGHT GREEN LIGHT GAME	FIGURE EIGHTS	SIGNALING WHILE GOING IN A SQUARE	SLALOM	MINI RACE 2
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 PM	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK
1:00 PM	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	BIG CAMP ACTIVITY
1:30 PM	FREEZE BIKE GAME	SLALOM COURSE 2 + WHEEL TAPPING	FOLLOW THE LEADER	OCTOPUS ON BIKES	MINI RACE 3
2:10 PM	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK	BATHROOM BREAK
2:30 PM	SNACK	SNACK	SNACK	SNACK	SNACK
3:00 PM	HOW FAR CAN YOU GO GAME + BIKING IN A STRAIGHT LINE	OCTOPUS ON BIKES	TRAFFIC GAME	PACMAN GAME	TEAM RACE
4:00 PM	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP

RAINY DAY:

On rainy days, no need to panic. Simply repeat the normal day formula and adjust with what's available to you. Here are two sample rainy days:

	RAINY DAY 1	RAINY DAY 2
8:30 AM	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	DRAW YOUR DREAM BIKE AND PRESENT IT TO THE GROUP	MARIO KART TREASURE HUNT (MARIO RELATED ITEMS) (indoor space available)
10:00 AM	WACKY RELAY RACE (indoor space available)	ROCK PAPER SCISSORS HOPSCOTCH (indoor space available)
10:30 AM	SNACK	SNACK
11:00 AM	BATHROOM BREAK	BATHROOM BREAK
11:20 AM	MARIO KART TAG (in the gym)	VIEWING OF OLD TOUR DE FRANCE OR MOUNTAIN BIKING RACE (projector)
11:40 AM	MARIO KART TAG (in the gym)	VIEWING OF OLD TOUR DE FRANCE OR MOUNTAIN BIKING RACE (projector)
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	LUNCH	LUNCH
12:30 PM	BATHROOM BREAK	BATHROOM BREAK
1:00 PM	CALM GROUP GAMES (indoor space available)	CALM GROUP GAMES (indoor space available)
1:30 PM	SIGNALING REVIEW AND TRAFFIC GAME (without bikes) (indoor space available)	HIDE AND SEEK (indoor space available)
2:30 PM	SNACK	SNACK
3:00 PM	PARACHUTE GAME (indoor space available)	PACMAN TAG WITH SIGNALING (in the gym)
4:00 PM	PARENT PICK UP	PARENT PICK UP

Note: On a rainy day, you might only have access to the gym in the morning or in the afternoon. Proceed as a regular day nonetheless. Now is the time to get creative. Look for an available indoor open space to play some fun indoor activities or find a calm space and do some arts and crafts