

DATE:

STAR NAME:

★ **Three Levels of Performance**

- Accuracy - Skills are learned and can be performed accurately.
- Speed - Skills can be performed accurately at speed.
- Pressure - Skills can be performed accurately at speed under pressure.

★ **Quality + Quantity = Genius** "The legends of each sport can perform all the skills of the game accurately with speed and under pressure and have practiced more quality repetitions than their competition."

	SAFETY	BALANCE	STEERING	BREAKING
	<p>Understands the importance of Helmet Safety <input type="checkbox"/></p> <p>Correctly identifies characteristics for helmet size and how to secure helmet <input type="checkbox"/></p>	<p>Can steer and stop the bicycle by walking over the bicycle <input type="checkbox"/></p> <p>Introduction to pedalling, gliding, steering, stopping <input type="checkbox"/></p>	<p>Can successfully steer by holding onto the handles while walking over the bicycle <input type="checkbox"/></p> <p>Demonstrates ability to look where they're steering <input type="checkbox"/></p>	<p>Basic understanding and practice with control of feet <input type="checkbox"/></p> <p>Demonstrates ability to look where they're steering <input type="checkbox"/></p>
	<p>Understands the importance of finding the correct bike size. Knowledge in making sure the seat and handlebars fit tightly <input type="checkbox"/></p> <p>Basic understanding of safety precautions, road obstacles, and what to avoid (e.g. puddles, changes in the road or sidewalk surface) <input type="checkbox"/></p>	<p>Able to stand and balance one foot on a pedal without falling for 10 seconds <input type="checkbox"/></p> <p>Pedal bike in a straight line with minimal supervision. Able to bike in a straight line for 10 metres for front crawl <input type="checkbox"/></p>	<p>Can successfully steer left and right in an open area <input type="checkbox"/></p> <p>Can successfully turn 5 corners using counter-steering <input type="checkbox"/></p>	<p>Able to stop at targeted points with no assistance <input type="checkbox"/></p> <p>Able to identify when to use foot to assist in slowing down <input type="checkbox"/></p>
	<p>Basic understanding of different gears and brakes <input type="checkbox"/></p> <p>Understands the importance of checking tire pressure and the effects on mobility <input type="checkbox"/></p>	<p>Able to stand and pedal with dominant foot for 2 full cycles <input type="checkbox"/></p> <p>Able to pedal bike with no supervision in a straight line for minimum of 15 metres <input type="checkbox"/></p>	<p>Can successfully steer through a defined course, including left and right turns as well as cornering <input type="checkbox"/></p> <p>Demonstrates ability to turn handlebars in proportion to desired movement <input type="checkbox"/></p>	<p>Understands the difference in gears and when to use them <input type="checkbox"/></p> <p>Able to use front and rear brakes on command as conducted by instructor <input type="checkbox"/></p>
	<p>Understands the function of the chain in the bicycle <input type="checkbox"/></p> <p>Understands basic road rules (e.g. always ride with two hands on the handles, stop at all stop signs, etc.) <input type="checkbox"/></p>	<p>Able to stand and pedal with dominant and non-dominant foot for 2 cycles each <input type="checkbox"/></p> <p>Able to pedal bike in a straight line for a minimum of 20 metres while holding a hand signal for 5 seconds <input type="checkbox"/></p>	<p>Can successfully steer through an obstacle course with 2-3 errors <input type="checkbox"/></p> <p>Can understand how cycling on a different terrain will alter one's ability to steer and adjustments to be made <input type="checkbox"/></p>	<p>Able to use front and rear brakes as instructed with no assistance <input type="checkbox"/></p> <p>Able to identify when to use brakes/when to adjust pedalling speed to reach the destination during obstacle course <input type="checkbox"/></p>
	<p>Understands the importance of all road rules (e.g. passing etiquette, checking traffic and intersections, riding with cars) <input type="checkbox"/></p> <p>Memorized and can identify all hand signals <input type="checkbox"/></p>	<p>Able to stand and pedal with dominant and non-dominant foot for 5 cycles each <input type="checkbox"/></p> <p>Able to pedal bike in a straight line for a minimum of 25 metres while alternating hand signals and engaging in shoulder checks <input type="checkbox"/></p>	<p>Can successfully steer through obstacle course with no errors <input type="checkbox"/></p> <p>Demonstrates ability to alter steering based on which terrain they're biking on, without instruction <input type="checkbox"/></p>	<p>Able to utilize both front and rear brakes as instructed. Transitions between brakes are smooth and effortless <input type="checkbox"/></p> <p>Able to safely adjust from high and low speeds quickly during obstacle course. Full control of bicycle is used <input type="checkbox"/></p>

All Skills are Now on YouTube

TAC Sports Coaches take you step-by-step through each of the 50 skills listed on the progress report. Students can use the videos as reference guides to continue to increase their skills! Simply go to Youtube.com and search for TAC Sports channel! All videos are sorted under Playlists.

AWARDS OF THE WEEK



MVP



MOST IMPROVED PLAYER



MOST COACHABLE PLAYER



BEST TEAM PLAYER



MOST PASSIONATE PLAYER