
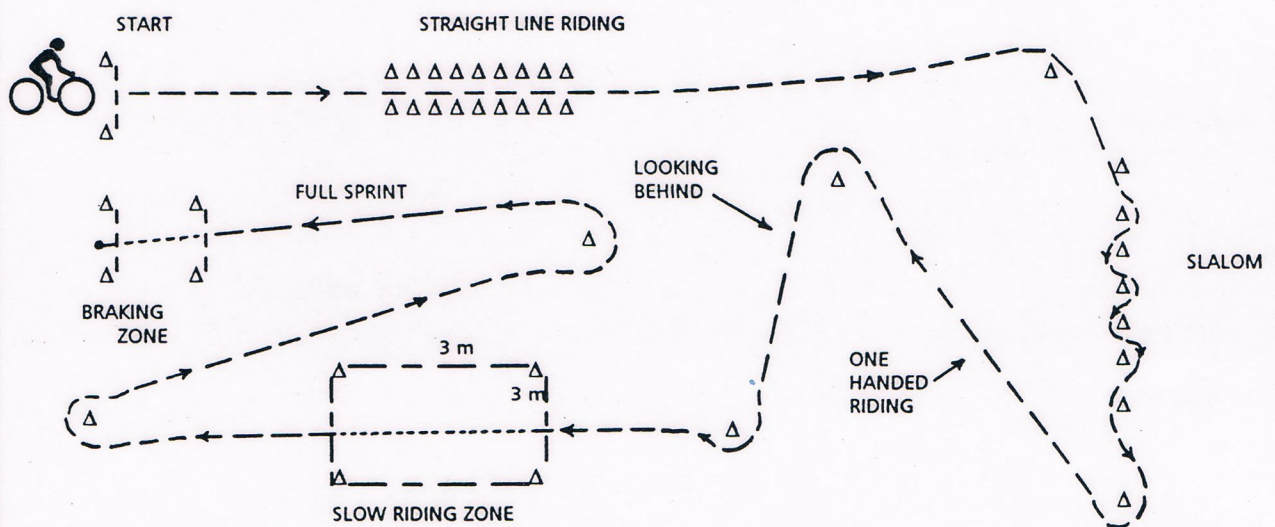


<u>CONTENT</u>	<u>ACTIVITY</u>	<u>TEACHING POINTS</u>	
4. BIKE SKILLS ASSESSMENT 1. Straight line riding 2. Cornering. 3. Bike Manoeuvring 4. Slow riding / balance 5. One handed riding 6. Sprinting technique 7. Fast Braking.	1. Skills Course	- Objective of the activity is to use your best bike skills to cover the course making the least possible errors. - It's not a race, it's a test of skill.	35 min

SKILLS COURSE



OBJECTIVE: To complete the course making the least possible errors. Each rider starts with 20 points. Points are deducted for every error made on the course.

SET UP: Depending on surface and area the course can be modified to suit.

- Straight Line Riding - Pass through the witches hats (30 - 50cm tunnel) without knocking any over.
- One Handed Riding Zone - Travel from marker to marker with just one hand on the bars.
- Look Back Zone - Look back at least two (2) times in between the zone markers.
- Slow Riding Zone - Ride a slow straight line or balance for 6 seconds before exiting zone.

1 POINT ERRORS:

Knocking over a witches hat, Taking the feet off the bike pedals at any time, missing a turn or witches hat, each second short of the required 6 seconds to be spent in the "slow riding zone" incurs a 1 point deduction, not removing one hand from the handlebars for the entire length of the "one handed riding zone", not looking back twice in the "looking back zone."

3 POINT ERRORS:

Skidding / Sliding the wheels, Falling off the bicycle, Straying off course, Riding out of control.

<u>Conclusion:</u> -Common errors made - Ways to improve .	1. Group discussion Question / Answer session	- Reinforce the importance of good bike skills to both safety and good performances.	10 min
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