Improving Bike Safety Skills to Help Kids Ride to School

Big Idea: We contacted Cascade Bicycle Club to provide us with a three week school based bike riding unit. In this unit students are taught not only how to ride a bike, but how to become a defensive rider and share the road with motor vehicles.

Implementation: We utilized our gym space by separating students who already knew how to ride and those who did not. Students who could already ride would practice riding in proximity with each other on the outside of the cones while beginning riders practiced in the middle.

Results: 260 students went through the three week unit (twice a week, 45 minutes) and 13 where brand new riders. We succeeded in improving the skills of all students in a short time.

Issue: Our students live within walking or short biking distance to school. However, there are no bike lanes for kids to safely practice sharing the road with motor vehicles. As a result, many of our kids either do not have a bike or are not permitted by their parents to ride beyond the street they live on.

What Teachers Say:

Cassandra owned a bike but had never learned to ride. When Cassandra started riding like a pro all of her classmates cheered.

James Roach, PE Teacher

What Students Say:

I don’t have a bike at home but I feel more comfortable riding now. I hope to go on some bike rides this summer with my family

Gabriel, 4th Grader

SHAPE America’s National Standards for Physical Education

The physically literate individual:

✓ Demonstrates competency in a variety of motor skills and movement patterns.
✓ Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
✓ Demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness
✓ Exhibits responsible personal and social behavior that respects self and others.
✓ Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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