

## 4E Street Skills for Teens

This curriculum is designed for students with experience levels ranging from brand new bicyclists to experienced bicyclists, who want to refine their skills and teach others. New cyclists frequently are uncomfortable with basic bicycle handling skills like signaling, turning, and stopping. Before they can feel comfortable riding on trails or in traffic they can benefit from practice. At the end of this unit students will:

- Have a deeper understanding the personal, community, and environmental benefits of cycling
- Be more comfortable with basic bike handling skills
- Reduce their risk of collision by anticipating dangerous situations, despite adverse conditions or the mistakes of others
- Effectively incorporate bicycle commuting into their daily routine

Standards:

### **Physical Activity Standards:**

PE.HSC3A.S3.1-4 Students demonstrate knowledge of concepts, principles, and strategies that apply to the learning and performance of physical activity including enhanced personal enjoyment and the ability to evaluate the risks and safety factors that may affect participation.

### **Common Core Standards:**

CCSS.ELA-LITERACY.CCRA.SL.2

Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.CCRA.SL.3

Evaluate a speaker's point of view, reasoning, and use of evidence and rhetoric.

CCSS.ELA-LITERACY.RST.9-10.2

Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.

Lessons:

1. Street Skills: Whether a student's motivation is saving money, improving their health and fitness, beating traffic or reducing their carbon footprint, this two hour overview to bicycle commuting provides practical and effective solutions to some of the challenges and barriers teen cyclists may face.

2. Community Ride: Students put their skills to work when their club takes to the road. See the ECO<sub>2</sub>school manual for tips and tricks on how to organize effectively. Students gain practical experience in skills like signaling, lane position, and negotiating intersections in a supported group ride.

3. Biking Field Trip: If the street skills class is part of classroom instruction, the class may be eligible for a biking field trip. Students gain practical experience in skills like signaling, lane position, and negotiating intersections in a supported group ride. The class must meet minimum qualifications and is subject to availability and approval.

This unit is not typically taught in the classroom during the regular instructional period. It is designed for a committed group of cyclists, like a commute or mountain bike club, as an afterschool activity. All curricula has been written by and vetted by League Cyclist Instructors and credential teachers in alignment with California Department of Education Physical Education Standards with information from the League of American Cyclists and the [National Safe Routes Partnership](#).

A League Cyclist Instructor is recommended to teach curriculum in this unit. Additional supplemental materials are available upon request.