

Let's Go Biking!

Skill Building Activities Checklist



Before the Skill Building Lessons

1. Review lesson plans for the portions of *Let's Go Biking!* that you are about to teach and the instructional videos that accompany the lessons.
2. Determine whether children will use their own bikes and helmets or if borrowing/purchasing bicycles and helmets is necessary. If so, obtain approval and funding and make necessary arrangements.
3. Choose dates for skills-based lessons and determine a location based on opportunities and constraints. Obtain necessary approval.
4. Solicit volunteers, if needed. If children will use their own bikes, contact local bike shops or bicycle clubs for volunteers to perform bicycle inspections and assist with helmet fitting.
5. Send reminders to volunteers with dates, times, location of classes, and information outlining duties.
6. Send the consent form home to parents/caregivers prior to skills-based lessons.
7. Collect signed forms from parents. If children will bring their own bikes and helmets, count the number and arrange for children who don't have bikes/helmets to share or borrow bikes/helmets. Determine the number of children who cannot ride a bike and make special arrangements to have extra volunteers and equipment, if necessary.
8. Determine the number of children who are not allowed to participate and make arrangements to accommodate them.
9. Remind children to bring their own bicycles and helmets, if necessary.
10. Take measurements and draw a "site plan" of the skills area. If necessary, modify the course layout to fit the available space.
11. Establish a secure place for children to park their bicycles if they bring their own.
12. Make copies of handouts and create necessary props. Prepare assessments.
13. Check materials list to make sure you have everything to set up the skills course.
14. Draw or tape the skills course layout. Note: Weather conditions may determine when the lessons can be set up. If, for example, there is any possibility of rain the night before, the use of chalk to draw the station design is not suitable.
15. Have a meeting with any volunteers to explain the lesson(s) and how skills practice will be conducted.

During the Lessons

16. Be flexible, be prepared, have fun during the lessons!
17. Assess children while they are performing the skills using the child assessments.
18. Where appropriate, send assessment forms and tip sheets home to parents/caregivers.

After the Skill Building Lessons

19. Ask volunteers for feedback and suggestions for improvement.
20. Send thank you notes. People appreciate a written acknowledgement for their efforts.