RIDE & SMILE

Cycling Course

Co-funded by the Erasmus+ Programme of the European Union

This project has been funded with support from the European Commission. This project reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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Ride and Smile **Educational activities on environmental awareness**	**Module:** **Cycling course**	**Target group:** 7-10 years
Subject(s): PE **Topic:** Bike competition **Duration:** 2-3 hours **Material:** road signs, diplomas, prizes		
Content areas / Main key areas: • Sports, PE (Physical Education)	**Description:** To know the traffic rules when we are on a bike is life saver, so why shouldn't we practice with our students in the school and offer them the fun of a cycling competition. Besides the entertainment or the fun of this activity we can also teach them basic social skills. They can feel motivated, they can also improve their decision making and problem-solving skills. This bike course or competition is very good for teaching our students to achieve their goals.	
Learning requirements: The learners • they have to know the traffic rules and signs and directions	**Learning objectives / Expected competences:** The learners can • learn how to use in a safely manner their bikes on the road • develop their coopetitive skills	

Lesson plan			
Sequencing & phase objective	**Action steps and impulses**	**Concretized competence expectations**	**Learning materials**
Phase 1 **Starter activity**	Activity 1 - As a warming up activity, before the competition, you can refresh the traffic signs and the traffic rules with your students by watching a short video together with them.	The learners can • develop their social skills, competing between each other in a fair manner • develop their trust and confidence • apply the practical knowledge they have learnt • learn more about traffic rules	Safety equipment (helmet, kneepad, elbowpad etc). Traffic signs Diplomas, Prizes, bicycles (every student will bring his/her own bike or they can borrow to each other).
Phase 2 **Main activity**	Activity 2 • We make different age groups (1-2 grades, 3-4 grades) • we create a traffic route or a competition field with traffic signs. The best place for it is in the school yard or sport field eventually a park. • Each student has to go through the competition field riding his/her bike with the least possible mistakes (breaking traffic rules) and arriving to the finish line as fast as he/she can. • we have to set up a point system. Each traffic rule mistake will add 5 points to the final time (score) of the student. E.g. If a student goes through the field in 2 minutes and 5 seconds but commits 2 traffic rule mistakes we add 10 seconds to the running time of the student and he/she will have a 2 minutes and 15 seconds final time. • the first 3 or 5 students who have the less final time will be the winners. Activity 3 – As a final activity you should award your students and also evaluate together with them the activity!		
Phase 3 **Finishing activity**	TIPS: If you want to award more students you can take the first 10 students with less final time or you can set up any other rule you wish. The most important thing is to encourage students to participate in the competition!		

Additional hints, media, useful links

If you do not have traffic signs then you can download some printable ones.

Video about road signs: https://www.youtube.com/watch?v=fbOlkrzYmnc

Impressions