

# Project 6: Community ride

## Learning intentions

### We are learning to:

- Ride safely in the community

## Success criteria

- I can use skills learnt through Safe Cycle to ride safely on an organised ride
- I can work cooperatively with others

## Australian Curriculum links

- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)
  - proposing and implementing actions and protective behaviours that promote safe participation in physical activities (CA, GS, HBPA, S)
- Practise specialised movement skills and apply them in different movement situations (ACPMP061)
- Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to the natural and built environment (ACPPS059)
  - exploring ways in which people can connect with other members of their community through participating in physical activities in natural settings and built environments (LLPA, CA, HBPA)
- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)



### Note

If schools choose or need to run this lesson on school grounds around a constructed course due to site issues, it would still be ideal for each student to have a bike and helmet. By encouraging students to bring their own bikes and helmets to school we are also encouraging active travel.

This lesson is intended to give students the opportunity to apply the skills covered through Safe Cycle in a “real” situation – i.e. riding off school grounds on the route planned out in Project 5: Route Planning. Alternatively, you can construct a course on school grounds.

## Prior to ride date

Follow your school’s procedures for excursions and take these steps into consideration:

### 1. Risk Assessment and Management Plan

Complete risk management plan and get it signed off prior to the ride date (see online portal for template and example)

### 2. Permission note (if leaving school grounds)

- Each child will require a bike and helmet. Students who do not have access to a bike at home will be able to use school bikes and helmets if available
- Send permission note home to parents/carers (see *Permission Note* template on online portal) at least two weeks prior to the ride date.

### 3. Staffing

It is recommended to have at least two teacher/adults available to accompany the group. Invite parents/carers and/or other school community members to join in.



## Equipment and preparation

- Ride route from Project 5
- Bikes
- Helmets
- Bikes and helmets for accompanying teachers/adults
- Whistle
- First aid kit
- Fluoro vests for adult riders

## **⚠ Safety First**

Students collect bikes and helmets and perform the ABC TIGHT Bike Safety Check and The Three 2s Helmet Check. Teacher completes Safety First worksheet.

### **Tuning in**

Explain to students that in this lesson they will have the opportunity to apply all the skills we have covered in the Safe Cycle program on the ride route we decided (or constructed course on school grounds).

The emphasis will be on riding safely and being in control at all times.

Ask students to complete Quick Quiz 11 via the online portal.

#### **Explain the rules for ride:**

- We will be riding at the speed of the slowest rider
- If one person stops, we all stop
- Ride in single file and there will be no overtaking
- Remember to keep at least two bike lengths between you and the rider in front of you
- Riders are to keep to the left side of multi-user paths
- If my whistle sounds at any stage you are to stop immediately and wait for further instructions

### **Activity**

Line students up on their bikes in a “ride line” as per the diagram below.



Reinforce ride rules from 'tuning in' and answer any questions students may have before heading off.

### **Reflection**

It is important that sufficient time is allocated for the group to reflect on the community ride.

In small groups have students complete a PMI chart (see online portal for Student Worksheet) about the ride (including the chosen route) and share it with the class.

Facilitate discussion around points raised by the group.

Ask students to logon to the online portal and complete Quick Quiz 12 and the evaluation survey to finish Project 6.