

Learning to ride a bike is not only a rite of passage, but a *developmental milestone!*



Unfortunately, many kids are not learning this skill at home.

Lifelong Activity & Sport

Transportation & Mobility

Health & Happiness

Thanks to the Strider Education Foundation, schools can now receive all the bikes and lesson plans to safely and effectively teach the lifelong skill of riding a bike.

SIMPLE. CONCRETE. EASY.

STRIDER EDUCATION FOUNDATION LEARN-TO-RIDE CURRICULUM

A **proven** and **successful** curriculum that will fit into any Kindergarten PE class. The curriculum incorporates activities that meet SHAPE America's National Standards for Kindergarten Physical Education.

The collage displays various components of the curriculum:

- Assessment Map:** A grid for tracking student progress.
- Activities Guide:** A page with sections for '2-4-1 TIME FOR FUN', '2-2-1 BLAST OFF (IMPLEMENTS TUNING OFF)', 'BALANCING ON A LINE', and 'BALANCE CHALLENGE'.
- Lesson Plan 1:** Includes a 'CLASS GOAL' (To show and stop safely on the bike), 'CLASS MAP', 'SAFETY OVERVIEW', 'WARM UP', 'LESSON', 'GAME SUGGESTIONS', 'GROUP HIDDLE', and 'GROUP CHEER'.
- Lesson Plan 2:** Includes a 'CLASS GOAL', 'CLASS MAP', 'SAFETY OVERVIEW', 'WARM UP', 'LESSON', 'GAME SUGGESTIONS', 'GROUP HIDDLE', and 'GROUP CHEER'.
- Safety Review:** A poster with a child on a bike and numbered steps: 1. Always wear a helmet, 2. Use a helmet, 3. Wear bright colors, 4. Use a bell, 5. Check your bike fit, 6. Wear shoes.
- Parts of a Bike:** A poster with a bike diagram and numbered parts: 1. One finger under the chin strap, 2. Two fingers between the eyebrows and helmet, 4. Four fingers where the straps go around the ears.

THE CURRICULUM INCLUDES:

- Eight easy to follow lesson plans the entire class can participate and advance through regardless of their current riding ability.
- Resources to set up the classroom or gymnasium.
- Printable posters to educate and inspire safe practices and riding techniques.
- Easy to use Assessment Map.
- Printable Graduation Certificate.
- Extra activities to incorporate into the lesson plans, for class rewards, or for a nice day outside!

Testimonials

"I wish I had a video to capture their reactions. Every student was excited and so eager to try the balance bikes. The enthusiasm was catchy! All I can equate it to is a house on Christmas morning as kids are running to open up their presents! Honestly, this was the same vibe. I think the most important reason why we had so much positive energy toward these bikes is that all kids truly have a genuine desire to ride. I do believe that. These bikes give them the confidence that is so needed. The Strider Balance Bike is not intimidating unlike a bike on training wheels."

*Sue Sweeney, PE Teacher,
Torrence Creek Elementary, North Carolina*



"It's amazing how transformational this experience is for the kids in my classes. I'm not talking about physical skills only; they are gaining tons of physical skills with this program, but I'm seeing emotional and social growth like nothing I have seen in my twenty years of teaching physical education. Kids that have never been on a bicycle before will typically start out feeling frustrated, overwhelmed. As you can imagine, we have some tumbles and stumbles, and you can see the frustration on their faces. What amazes me is not one of those frustrated kids has ever considered giving up. The kids come back to the next class, they get their little helmets on and get right back on the bike, and you can see the determination on their faces. Some of that comes from within, some of that comes from their classmates."

*Cathi Dallesander, PE Teacher
North Street School, Connecticut*



"I had a kindergarten class who are doing striders and they love them, and I noticed some that were ready to start or try the pedals. I took a pedal bike out, and I have one kinder who was so determined to ride it and worked hard by the end of class he was riding the pedal bike and the smile and joy he had were priceless. Not only did he learn how to ride a bike, but he also learned how hard work pays off and to have goals! It really made me smile and reminded myself why I do this!"

*Gretchen Johnson, PE Teacher,
Cleveland Elementary, South Dakota*

"The kids had so much fun with the Strider Bikes. It was one of their favorite units. It was so rewarding getting to experience their first time riding a bike by themselves and how proud it made them!"

*Chloe McGraw, PE Teacher,
Westwood Elementary, Arkansas*



www.AllKidsBike.org