**Biking Lesson 2 –** Advanced bike handling skills

Day 2

1. **Bike check & Helmet check** – Rainbow formation
2. **Warm up** – follow the leader - communication
3. **Intro. road ride** – straight line and distance from the curb/cars
4. **Straight Line Glide**
* Lay rope fold in half into straight line
* Mark start and finish with cones
* Students ride hard to first cone
* Then glide along rope in neutral standing position (*feet neutral, butt of seat, ready position arms, eyes forward*)
1. **Game** - Shark Island
* Review neutral position and ratchetting
* Full class on bikes inside marked out circle
* Must be riding
* If bike goes out of circle “eaten by sharks” = out
* If foot touches ground in circle “ground is lava”= out
* As people go “out” the island gets smaller – “tide comes in”
* Continue to make circle smaller as people get eliminated
* Last person on bike upright wins
1. **Hill** weave and gear change – hill climb sit/stand, gear changing
2. **Limbo** – ready position & neutral position
3. **Bike handling**- advanced – Challenge by choice
* Plank ride
* Ramp drop
* Log rides
* ‘A’ Frame
* Teeter Totters