Logo, company name

Description automatically generated**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

* Icon

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  Description automatically generatedReview neutral position and ratchetting
* Full class on bikes inside marked out circle
* Must be riding
* Icon

  Description automatically generatedIf bike goes out of circle “eaten by sharks” = out
* Icon

  Description automatically generatedIcon

  Description automatically generatedIf foot touches ground in circle “ground is lava”= out
* Icon

  Description automatically generatedAs 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