



#### DEVELOPMENT

Designed for Grades 3-6, this specialized curriculum was first developed in 2014 in consultation with **local cycling instruction experts** and **external school-based reviewers**, and in consideration of existing curricula. HUB Cycling reviews the content of the course annually and has made regular updates and improvements to the course to ensure it remains **current** and **effective**.

#### THE GOAL

To learn safe cycling skills, build confidence riding and experience the joy of cycling.

#### THE PROGRAM

2

days of programming

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2.5

total hours of instruction per class

Our fleet of **18 bicycles** accompanies each program (including adaptive bikes). We also ask students to bring their own when possible.

All days are led by HUB Cycling's team of certified cycling instructors.

#### DAY 1



In-class introduction to cycling safety (60 minutes)

#### DAY 2



On-bike cycling skills training on the school ground with simulated traffic scenarios (90 minutes)

#### LEARNING OUTCOMES

##### SKILLS

- Riding independently
- Using brakes for control
- Left and right turns
- Shoulder checking
- Hand signals

##### KNOWLEDGE

- Importance of safety equipment
- Basic parts of a bike
- Meaning of hand signals
- Awareness for other road users

##### CONFIDENCE

- Can mount, start, stop and dismount their bike
- Can ride independently and continuously for 1 minute

#### EVALUATION

Teachers are asked to complete an **online survey after the course** to measure **course impact** and **changes in habits** within the school community.

In some cities, additional surveys are administered to evaluate outcomes in more depth.