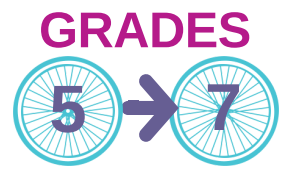




RIDE THE ROAD

CURRICULUM OVERVIEW



DEVELOPMENT

Designed for grades 5-7, this **specialized curriculum** was developed in 2010 with the **BC curriculum and Metro Vancouver context in mind**, in consultation with local cycling instruction experts and secondary schools. 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 increase students' safe cycling skills and confidence, so they can experience the benefits of biking for transportation.

THE PROGRAM

5 days x **1** hour of instruction = **5** total hours of instruction per class

Our fleet of **12 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 and safety

DAY 2



ABC's of bike maintenance on the school yard

DAY 3



Cycling skills training on the school ground

DAY 4



In-class cycling trivia game about the rules of the road

DAY 5



Neighbourhood road ride around the school community

LEARNING OUTCOMES

SKILLS

- Turning
- Braking
- Route planning
- Gearing
- Pre-ride checks
- Road riding

AWARENESS

- Rules of the road
- Importance of visibility
- Sharing the road
- Positioning
- Navigating quiet streets
- How to securely lock a bike

CONFIDENCE

- Climbing and descending hills
- Riding safely as part of a group

EVALUATION

Before and after the course, students **complete surveys** that measure cycling habits and skills, confidence levels, and knowledge of traffic safety.

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