



Bike Riding Program

Student Checklist

Child's Name:		Bike Size:	
Coach:		Start Date:	
Stage 1	Training Wheels	Session Comments	✓
Pedalling (Basic)	Forward motion, backwards brakes, with assistance / without. Building speed and consistency.		
Steering	Basic steering without / with obstacles in both directions.		
Stopping (Brakes)	Using brakes with / without assistance + on sudden demand.		
Stage 2	No Training Wheels		
Balance	Balance Bike "Style" Riding (using normal bike but not the pedals, instead your legs for moving).		
Assisted Riding	Riding with full coach assistance, but no training wheels.		
Stopping (Brakes)	Independently using brakes whilst riding and using legs to catch fall.		
Steering	Basic control whilst turning in both directions, with coach assistance.		
Riding Alone – (Beginner)	Riding without assistance for short periods before support is required.		
Riding Alone - (Fast)	Pedalling fast without assistance for long periods before support is required.		
Starting	Learning 2 ways to independently start the bike.		
Stage 3	Independent Skilled Riding		
Riding Alone - (Obstacles)	Riding without assistance for long periods, whilst avoiding obstacles, on various surfaces.		
Slowing Down	Slowing down by using brakes without stopping and maintaining control of the bike.		
Gliding	Allowing the bike to glide without pedalling or using brakes.		
Up and Down Hills	Controlled riding up and down grass / concrete hills.		
Over Taking	Confidently overtaking people and other riders on the path with notice and safety.		
Standing Up	Riding whilst standing up to generate more power, helping go up hills.		
Signalling	Understanding different signals and riding etiquette.		