

STATION 5: Shoulder Checks and Control

Recommended Age Group: Grades 3 - 8

Mode: Bike & Scooter

Learning Objective

Participants will learn to check their surroundings as they ride without losing balance or control.

- Riding in a straight line keeps you in control and makes you predictable to others.
- Doing shoulder checks when riding lets you look out for cars, and other cyclists who may be approaching from behind. It also makes you aware of your surroundings while riding.
- Staying balanced while riding slowly keeps you in control to avoid obstacles.

Planning for this Station

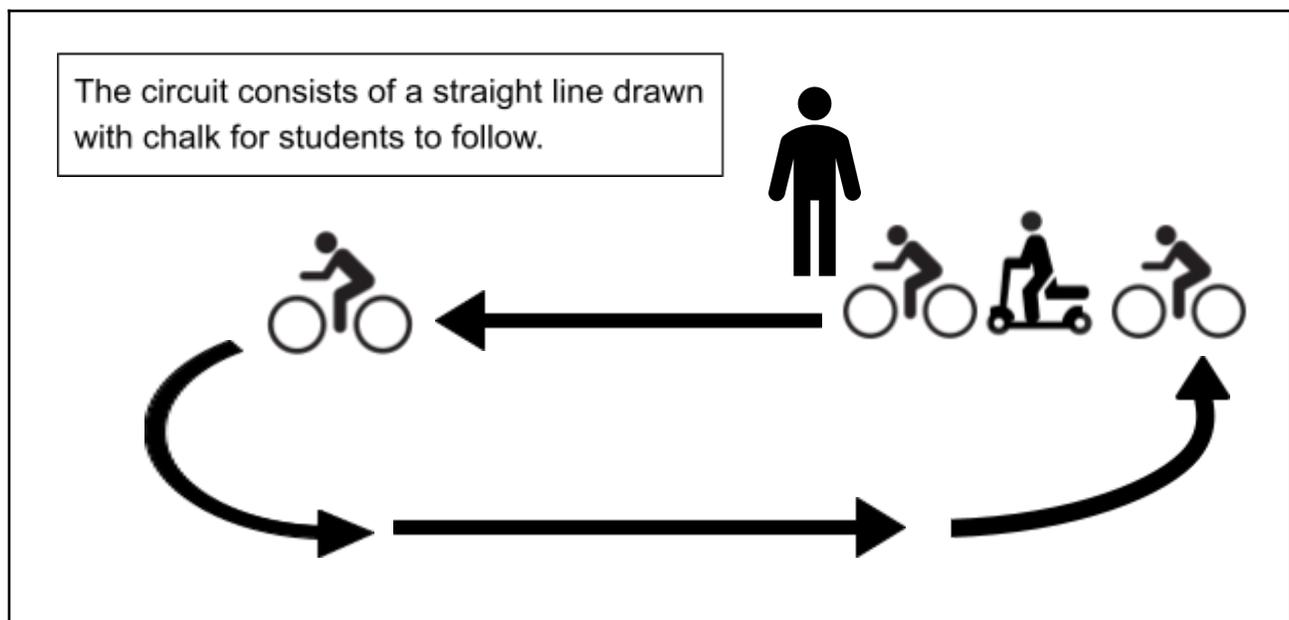
Time: 20 minutes

Recommended # of students per group: 10

Equipment: Bicycles/scooters, sidewalk chalk, ruler

Number of Leaders required: 1-2

Set Up



Instructions

1. **Before station begins:** Set up course with the straight portion of the loop being at least 20 metres long.
2. **Straight line:** One at a time, have students ride along the straight line practicing control on their bicycle or scooter. Have the students cycle through a few times until most seem to be comfortable with riding in a straight line.
3. **Shoulder checks:** Explain that it is important to look behind you when cycling or scootering. Have students demonstrate this action while standing still on their bikes or scooters. Then, one at a time, have students ride along the straight line. As each student begins their ride, the leader either holds up a ruler or not. When the student is about halfway to the end of the straight line, they look over their shoulder and call out 'ruler' or 'no ruler.'
4. **Slow cycling or scootering:** have students cycle or scooter parallel to the line at the same time.
 - Ask students to cycle or scooter as slowly as they can without touching their feet to the ground. This allows students to practice balance and control.

Final Discussion Points

1. Doing shoulder checks when riding allows you to look for cars and other cyclists who may be approaching from behind.
2. Being able to balance and cycle slowly improves your control.

Source: MTO - Young Cyclists Guide, 2010