

Virtual Bike Club  
**Day 8: Lesson 6 – Scanning & Hand Signals**

Duration: 45 minutes

**1. Saddle Up/Log On: 5 Minutes**

Informal welcomes, technological troubleshooting, and capturing attendance.

- Faculty sponsor or volunteers should have a bicycle available for demonstration/questions during the lesson.
- Show/distribute digital version of Bike Club Hand Signals poster.

**2. Warm Welcome & Volunteer Connector: 10 Minutes**

Warm Welcome Suggestion: Write and Show

- Students will need a piece of paper and a pen or pencil to do this activity. Give students a minute or two to get supplies and to think about the prompt - to write in big letters one word to describe their feelings about Bike Club today. They can write it in an expressive way if they feel like it, using big bold letters, colors, or drawings.
- Ask students to switch to gallery mode view so everyone sees all the screens and have everyone show their word/drawing.

Review previous week's lesson and Bike Buddy assignment, Shifting Gears and Gear Inches activity.

Volunteer Connector

Demonstration about the bike going where you look.

- One volunteer should have a bicycle or set of handlebars available and, while facing their camera, have both hands on the handlebar. In a slightly exaggerated way they should show how turning their head to look to the side or behind can tend to pull the handlebars in that direction.
- We counteract this tendency by 1) Generally looking straight ahead where we want to go 2) SCANNING to take in our surroundings instead of getting fixated/starting and 3) Keeping our upper body relaxed.

What is another situation where you must SCAN quickly (ball sports, hide and seek, crossing a busy street)?

### **3. Main Lesson: 10 Minutes**

Watch Bike Club Video: Lesson 6 – Scanning & Hand Signals

Make note that riding on open roads, in traffic, is only done when Bike Club participants have shown their bike handling and safety skills are sufficient.

Why are hand signals an effective way to communicate to drivers and other road users? It can be hard to hear and we do not have turn signals on our bikes.

How are the skills of straight-line riding and scanning related?

### **4. Supplemental Activity/Demonstration: 10 Minutes**

Signaling Activity

Students are to practice their hand signals while pretending to hold their bike's handlebars. Faculty sponsor or volunteers go over each hand signal again and then have students demonstrate the hand signals as the command is said. For example, volunteer will say RIGHT and watch for all students to make appropriate signal - this activity should be done for each command multiple times, increasing in speed since students should be able to make the appropriate hand signal more and more quickly.

Navigation and Signaling

Faculty sponsor is to pull up a google maps view of the school on a shared screen or use a printed map of the school area if provided in Bike Club kit. With students assisting, pick a destination to navigate to from the school. As our imaginary cyclist approaches intersection, have students give the appropriate signals and decide which way to turn to get to our destination.

### **5. Bike Buddy Assignment: 5 Minutes**

List all the turns needed to navigate from the student's residence to their school site - either by having a guardian drive them, walking just using their imagination, getting as far as they can remember.

For example, at the end of the street I turn LEFT then at a stoplight I turn RIGHT, then at the stop sign I turn LEFT and then I turn RIGHT into the school parking lot.

Complete three 20-minute rides in a safe riding area, with a Bike Buddy wearing a helmet and safety vest.

## **6. Optimistic Closure: 5 Minutes**

One thing I am going to try...

- Now that we are further along in Bike Club, ask students to think about one new thing they are going to try in the next week. Could be practicing a new skill or going on a longer ride. Ask students to share their answers with the group, in breakout groups, or in the chat.