

Virtual Bike Club
Day 9: Lesson 7 – Riding in Groups

Duration: 45 minutes

1. Saddle Up/Log On: 5 Minutes

Informal welcomes, technological troubleshooting, and capturing attendance.

2. Warm Welcome & Volunteer Connector: 10 Minutes

Warm Welcome Suggestion: What's new?

- Prompt students to think about something new that is going on with them today or since our last meeting. Break club into groups of 3-4 or do activity as one group. All participants should share or drop an answer in the chat.
- Review student's turn-by-turn activity and discuss rides that took place over the last week.

Volunteer Connector

- What are some examples of things that travel in groups? Fish, birds... a pack of cyclists is called a peloton.

3. Main Lesson: 10 Minutes

Watch Bike Club Video: Lesson 7 – Riding in a Group

Has anyone ridden their bike in a group (more than 2)?

Why would riding in a group be safer in some situations?

- Being more visible to cars.
- Having more eyes and ears to watch for obstacles.

Note that the riders on the front of the group have the most responsibility - they are navigating and will be the first riders to see hazards in the road.

What is different about riding a bike with other people? Is it fun?

What is a "brake check"? Hitting the brakes unexpectedly and harder than necessary, potentially causing someone to hit you from behind or crash.

4. Supplemental Activity/Demonstration: 10 Minutes

Group activity - working on moving as one group at the direction of a ride leader.

Appoint one student as the leader of the ride - as if they are the first rider in our group.

The ride leader will say RIGHT, LEFT or STOP and the group will respond with the following actions.

Students should be standing for this activity.

RIGHT – Students jump up and turn 45 degrees to the right.

LEFT – Students jump up and turn 45 degrees to the left.

STOP – Students drop and do a push up/knee push up and then stand back up.

Note: Students may end up facing away from the camera.

5. Bike Buddy Assignment: 5 Minutes

Complete a 20-minute ride with at least one Bike Buddy working on riding side by side (2x2) and single file. Work up to being close enough in either setup that you can have a conversation at a normal speaking voice (6 feet).

6. Optimistic Closure: 5 Minutes

My Next Step

- Faculty sponsor prompts club to think about a next step that students will take to continue their Bike Club journey - it could be working on a new skill or getting their bike tuned up with an adult's help. Give students a minute to think about their answer then ask for students to raise their hand if they would like to share. Others should be encouraged to put their answers in the chat.