

Bike Riding **Stages 2 - 4**

Duration: 1.5 hours

Location: Wambangalang Woodlands, Obley Road, Dubbo.

Risk Management Advice: This form is emailed and will need to be returned.

Cost: This activity is included in the onsite whole day program and overnight programs.
Onsite whole day program \$15.00 / student.

What to bring: Students to bring morning tea, lunch in a lunchbox, water, hat and sunblock in a small back pack. The school encourages recycling so an Earth Friendly lunch is encouraged. An Earth Friendly lunch is one that has only recyclable or reusable containers for packaging and reduces the amount of rubbish.

What to wear: Sports uniform recommended with a hat and comfortable covered shoes.

Teachers: Teachers and visitors will need hats and covered shoes for walking in the woodlands.

Extreme weather: The school is in an extreme weather zone and could be subjected to days above 35 degrees, high wind, dust storms or extreme fire danger. Such conditions may result in the day being modified, cancelled or postponed.

Medical conditions: Please notify EEC staff.

Centre Expectations: We encourage students to show respect for the environment during their visit. They can do this by being kind to all animals and insects, staying on paths and recycling their rubbish appropriately.



Overview

Students practice bike skills in an obstacle course, then participate in an enjoyable and safe ride in the woodlands.

Learning Activities

Safety features - Discuss with students safety issues to be aware of when bike riding: always wear a helmet; have working brakes; communicate with other riders; and ride single file through the woodlands.

Bike Check - Students find a bike which is a suitable size. Check: tyres are inflated; seat is not loose; handgrips are firm; wheel spokes are intact; pedals spin; and chain is tight.

Bike Skills - Students complete the bike skills obstacle course and a slow race game.

Woodland Ride - An adult leads students on a 2km return bike ride along a track through the woodlands.

Australian Curriculum Outcomes

ALS1.6 - participates in physical activity, recognising that it can be both enjoyable and important for health

GSS3.8 - applies movement skills in games and sports that require communication, cooperation, decision making and observation of rules

SLS1.13 - recognises that their safety depends on the environment and the behaviour of themselves and others

SLS3.13 - describes safe practices that are appropriate to a range of situations and environments

COS2.1 - uses a variety of ways to communicate with and within groups

DMS2.2 - makes decisions as an individual and as a group member

INS2.3 - makes positive contributions in group activities