

Virtual Bike Club  
**Day 5: Lesson 3 – Power Start & Controlled Stop**

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.
- For example, a Bike Club staff member could be on the Zoom call on their cell phone and show variations of these moves and take questions.

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

Warm Welcome Suggestion: Mix and Mingle

- Faculty sponsor assigns breakout rooms of 3-4 students and a volunteer and they have 1 minute to introduce themselves and discuss the day or how Bike Club is going so far.

Review previous week's lesson (Bike Parts and ABC quick check), Bike Buddy assignment (do ABC check on a bike) and any bike rides students wish to share.

Volunteer Connector

- Have a volunteer share an experience about learning to ride a bike or a specific type of cycling (mountain biking, racing). How did the skills they learned earlier in their cycling life help them recently?
- Ask students what it looks like to be in control of your bike: no skidding, eyes up/forward, hands and feet on the bike. What else?

**3. Main Lesson: 10 Minutes**

Watch Bike Club Video: Lesson 3 – Power Start & Controlled Stop

- Why are these specific skills important?
- What are the 4 Steps to a good power start?

1. Look where you're going

2. Release the brakes
  3. Push down on the pedal
  4. Push off from the foot on the ground
- Is it easier to stay balanced on your bike at very slow speed or moderate speed? Why is that?
  - Why should you put your feet down AFTER you have stopped?
  - If a bike you ride has coaster/pedal brakes, how might the controlled stop be different than with hand brakes?

#### **4. Supplemental Activity/Demonstration: 5 Minutes**

Show the following videos as an extreme example of bike control: Danny MacAskill's [Gymnasium](#) and [Imagine](#)

Ask students what skills they saw being used by Danny (balance, controlling speed, etc.).

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

Bike Buddy assignment with pre-recorded or live demonstration.

- In a safe riding area, with your Bike Buddy, use chalk or simple markers to make a 3 foot by 6-foot rectangle. Use this box to practice your starts by getting up to speed quickly - within the 6-foot length of the box.
- Then use the box to practice controlled stop by approaching at moderate speed and not touching the brakes until the front tire crosses the first line of the box.
- Practice coming to a complete stop within the box without skidding.

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

One Word Whip Around!

- Faculty sponsor prompts the club to think of one word that describes how they feel about what they learned today. If possible, faculty sponsor should quickly call on participants one at a time to share or they can drop their answer in the chat to be read aloud.