



Coastal Bike Ride

program resource sheet | Early Adolescence

Coastal Bike Ride is a physically active program enabling students to explore the benefits of recreation through mountain bike riding. The ride takes in various lookouts and destinations across the northern metropolitan coastline, using designated bicycle pathways. Students learn about the physiological changes to their bodies when being physically active and why these changes are beneficial for their current and future health.

Available at:	Ern Halliday.
Challenge considerations:	Individual and group program requiring students being able to ride a bicycle.
Duration of program:	90 minutes.
Items required:	Enclosed shoes, water bottle, shorts, t-shirt covering midriff and shoulders and hair ties for long hair. Sunglasses are also recommended.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights.



Program links:

Coastal Bike Ride allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered prior to the program.

Outcome	Skill	Elaboration
Interpersonal skills	Communication	Students must verbally communicate to their peers possible oncoming and upcoming vehicle, bicycle and pedestrian traffic. Non-verbal communication skills must be used to indicate the bicycle's direction of travel.
	Leading, initiating and facilitating	It is important that all students are independent and show initiative when riding. Students are urged to be supportive and encouraging of their peers to ensure a positive riding experience.
Skills for physical activity	Skills for recreating in the outdoors	Basic bike handling skills are practised by students to enable safe participation in the Coastal Bike Ride program. Students learn common laws enabling them to recreate in the community.
Knowledge and understandings	Body's response to physical activity	Students learn about the short-term physiological responses that occur from being physically active and how to measure them. Students learn how these responses from physical activity help to prevent chronic diseases that may affect them in the future.
	Ways to keep healthier and safer	Students learn the common rules, laws and various strategies to effectively ride a bicycle safely in the community.

Coastal Bike Ride encourages the development of the following Overarching Learning Outcomes:

1	2	3	4	5	6	7	8	9	10	11	12	13
---	---	---	---	---	---	---	---	---	----	----	----	----