



Coastal Bike Ride

Middle Childhood

Coastal Bike Ride is a physically active program. Students are able to explore the benefits of recreation by riding mountain bikes to various lookouts and destinations across the northern metropolitan coastline using designated bicycle pathways. Students also learn about the physiological changes to their bodies when being physically active and learn to understand why these changes are beneficial to their health now and in the future.

Available at: Ern Halliday.

Challenge considerations: Individual and group program requiring students to be 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:

- Respect and concern for others and their rights.

Students will be encouraged to display sensitivity and concern for the well-being of others in their group. Each student will be encouraged to show compassion, respect, understanding, tolerance and equality during the Coastal Bike Ride program.



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 will be required to verbally communicate to their peers possible oncoming and upcoming vehicle, bicycle or pedestrian traffic. Non-verbal communication skills will also need to be used to indicate which direction their bicycle will be travelling in.
	Leading, initiating and facilitating	Students are encouraged to demonstrate basic leadership skills such as being a positive role model and being supportive and encouraging to peers to ensure the group is riding at a pace sufficient enough to reach the destination in time.
Skills for Physical Activity	Skills for recreating in the outdoors	Basic bike handling skills are learnt and practised by students to be enable safe participation in the Coastal Bike Ride program. Students also learn the road rules that enable them to cycle in the community.
Knowledge and Understandings	Body's response to physical activity	An understanding is developed about the physiological responses that occur from being physically active. Students learn that these responses affect their health and wellbeing in both the short and long term.
	Ways to keep healthier and safer	Students learn the correct behaviours when participating as a recreational cyclist. Common road rules, bike riding communication strategies and safe riding techniques are practised and demonstrated in order for students to be able to recreate confidently in the future.

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

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