



SPROCKET ROCKET



CYCLING:

- Provides a sense of freedom and independence
- One of the best ways to achieve good health and fitness
- Life skill – the earlier skills are learnt the more confident cyclists become
- Means of transport which is free and better for the environment
- An activity the whole family can do together
- Is a fun pursuit that can be done alone or in a group
- Accessible to those with special needs

• Can help a school achieve an Active School Flag and Green School Flag



INTRODUCING CYCLING INTO YOUR SCHOOL:

- Skills and games for the playground
- Transport – cycle to and from school
- Organise an event – short class or school cycle

BEFORE YOU GET STARTED:

Make sure riders do:

- Cycle a bike that matches their height and experience
- Always wear a cycling helmet
- Use lights and high visibility clothing in dark or poor light conditions

Make sure riders don't:

- Cycle on public roads without training or appropriate supervision
- Wear loosely fitted clothing that could get caught in moving parts of the bike
- Take unnecessary risks



WHAT TO WEAR:

All riders should wear running shoes, warm and comfortable clothing and a helmet. Baggy trousers and track pants should be tucked into socks to avoid them getting caught in the bike. Laces should be securely tied.



CYCLING INVOLVES FOUR CORE SKILLS:

PEDALLING:

Get the rider to place the ball of their foot directly over the axle of the pedal. The rider should push the higher pedal forward and down, keeping the knee close to the top tube. The motion should be smooth.

BALANCE:

Get riders to use half turns of the pedals, while braking at the same time. Encourage riders to look where they want to go. This helps maintain balance.

BRAKING:

Apply back, then front, brake evenly and gradually. If riders need to brake fast ask them to push back with their arms; shifting their hips backwards until they are over the saddle.

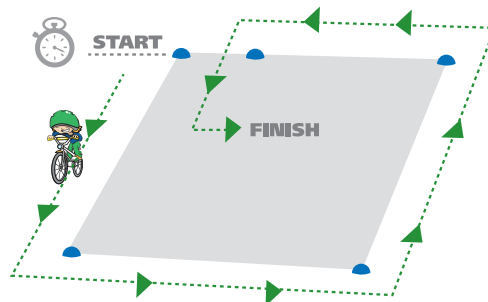
CORNERING:

Get riders to brake before the corner, keep their inside pedal up while cornering and stop pedalling if required.

FUN ACTIVITIES FOR THE PLAYGROUND:

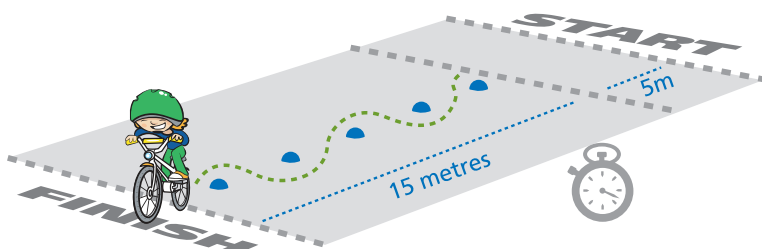
Ride the Square

Develop smooth pedalling rhythm. Mark out an area using cones, flags or even using chalk. On the command GO the rider must ride around the course from start to finish. Start with one rider at a time but as rider's ability improves progress to riders following each other around the square. Further progression can be made by removing the finish line inside the square and having one group of riders riding clockwise inside the square and one group riding anti-clockwise outside the square.



The Plank

Improve balance while riding slowly. Set up a plank approx. 15cm wide and 3m long. If you don't have a plank you can draw one on the ground with chalk. Cyclists must ride along the plank as slowly as possible without stopping or falling off. Record the times and see who can ride it the slowest.



Group Braking

Improves ability to stop safely. Mark out a square area with start and finish line. Riders pedal fast to the finish line where they must stop as quickly as possible without skidding. See which rider can stop first without skidding.

Slalom

Develops cornering and braking skills. Course should be approx. 20m long with markers approx. 3m apart between the start and finish line. Riders pedal to the start line and then weave in and out of the markers.



GAMES FOR THE PLAYGROUND:

BIKE GLADIATORS

This game has a particular focus on balance. All of the riders cycle inside a marked zone. This is called the arena. The aim of the game is to be the last person cycling in the arena. If a rider puts their foot down or moves outside the line, they are out. In order to remain in the arena they test their balance, cornering and braking skills – with the emphasis being on using half pedal strokes and braking to control the bike. No contact is allowed during this game.

ONE, TWO, THREE RED LIGHTS

This game focuses on pedalling and braking. The coach stands at one side of the field/court, which is the finish line. All of the riders are on their bikes facing him or her on the other side of the court. The coach turns their back on the riders and shouts "One, Two, Three", during which time the riders pedal fast towards the coach, in a straight line. Then the coach turns around, and shouts "Red Light". At this point the riders must brake correctly, or else return to the start line. If the rider pulls their back brake too hard the back wheel will skid, and if the rider pulls the front brake too hard the back wheel will pop up. The winner is the first person to reach the finish line.

DUCK DUCK GOOSE:

Riders stand in a circle with their front wheel facing out. One rider, the fox, cycles around the circle shouting "duck" at each rider until they choose one that they shout "goose" at. The goose then exits the circle and follows the fox for three laps of the circle. The original fox then returns to the circle, the goose becomes the new fox and the game continues until everyone has been the fox.

BIKE & HELMET SAFETY CHECK

ANY FAULTS MARKED IN DARK BOXES SHOULD BE FIXED BY A QUALIFIED BIKESHOP OR ADULT AS SOON AS POSSIBLE

HANDLEBARS	FRAME	REFLECTORS	SPOKES	SEAT
GRIPS ENDS ON YES <input type="checkbox"/> NO <input type="checkbox"/> HANDLEBARS LOOSE YES <input type="checkbox"/> NO <input type="checkbox"/> HEADSET LOOSE YES <input type="checkbox"/> NO <input type="checkbox"/>	RUSTY YES <input type="checkbox"/> NO <input type="checkbox"/> BENT <input type="checkbox"/> <input type="checkbox"/> CRACKED <input type="checkbox"/> <input type="checkbox"/> CLEAN YES <input type="checkbox"/> NO <input type="checkbox"/>	MISSING YES <input type="checkbox"/> NO <input type="checkbox"/> BROKEN <input type="checkbox"/> <input type="checkbox"/> LOOSE <input type="checkbox"/> <input type="checkbox"/>	MOVES UP AND DOWN OR SIDE TO SIDE YES <input type="checkbox"/> NO <input type="checkbox"/> RIGHT HEIGHT (FOOT TOUCHES THE GROUND) YES <input type="checkbox"/> NO <input type="checkbox"/>	
QUICK RELEASE / WHEEL HUB QUICK RELEASE CLOSED YES <input type="checkbox"/> NO <input type="checkbox"/> WHEEL NUT TIGHT YES <input type="checkbox"/> NO <input type="checkbox"/>	TYRE TREAD WORN YES <input type="checkbox"/> NO <input type="checkbox"/> INFLATED <input type="checkbox"/> <input type="checkbox"/> CHAIN RUSTY YES <input type="checkbox"/> NO <input type="checkbox"/> LOOSE <input type="checkbox"/> <input type="checkbox"/>	BRAKES/HANDGRIPS LEVER CLEAR OF GRIP WHEN BRAKE ON HARD YES <input type="checkbox"/> NO <input type="checkbox"/> BRAKE SHOE WORN YES <input type="checkbox"/> NO <input type="checkbox"/> BRAKE SHOE ON RIM YES <input type="checkbox"/> NO <input type="checkbox"/> RIM CLEAN YES <input type="checkbox"/> NO <input type="checkbox"/>		
HELMET HELMET PLACED SQUARELY ON HEAD YES <input type="checkbox"/> NO <input type="checkbox"/> STRAPS TIGHTENED FIRMLY UNDER CHIN YES <input type="checkbox"/> NO <input type="checkbox"/>	PEDAL/CRANK CRANK SHAFT ADJUSTED YES <input type="checkbox"/> NO <input type="checkbox"/> CRANK NUT TIGHT YES <input type="checkbox"/> NO <input type="checkbox"/> PEDAL ATTACHED SPINS FREELY YES <input type="checkbox"/> NO <input type="checkbox"/> SPINDLENUT TIGHT YES <input type="checkbox"/> NO <input type="checkbox"/>		NOW YOU'RE READY TO START!	

The information and skills above have been taken from Cycling Ireland's Sprocket Rocket programme. To find out more about Sprocket Rocket as well as other cycling programmes, skills, safety and training go to www.cyclingireland.ie or email programmes@cyclingireland.ie



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