Cycling Level 1 - Lesson Plan

Key Points to Cover:

1. The three different types of bikes.
2. The 4 major requirements for bike equipment.
3. The additional items you may need for cycling.
4. How do you go up a hill?
5. How do you go down a hill?
6. Why you need to wear bright clothes.

Supplies Suggested:

Bring in bikes of all types.

Bike equipment and accessories

Activities to Reinforce Lesson:

Go on a cycling outing

Devotion: