

## OKBC Sample Lesson Plan 3rd through 5th grades

Week 1	Activity/Notes	Supplies Needed
Start	<p>Introductions: Dirt Pictionary</p> <p>1) write your name in the dirt</p> <p>2) draw a picture</p> <p>3) group tries to guess</p> <p>*Could play throughout practice at stops/regroups</p> <p>Have 1-2 riders draw at each stop</p>	A stick
End	<p>Play: Have You Ever?</p> <p>Finish with: Team Circle</p> <p>*Vote on Team name, then ask: Highlight of practice today? Goal or something you would like to learn this season? Give stickers to kids after answering questions</p>	<p>Have You Ever? idea list</p> <p>Cones</p> <p>Stickers</p>

Week 2	Activity/Notes	Supplies Needed
Start	<p>ABCs</p> <p>Air-Brakes-Chain</p> <p>Short demonstration</p> <p>*Tires should feel like an orange and not an apple</p>	Chain lube, pump, etc.
End	<p>Bike Trivia:</p> <p>Ask questions related to the ABC lesson</p> <p>Give oranges as prizes</p>	Oranges/tangerines

Week 3	Activity/Notes	Supplies Needed
Start	Braking and timing: Cardboard slide	Cardboard boxes
End	Simon Says (on bikes)	None

Week 4	Activity/Notes	Supplies Needed
Start	Braking: Using both brakes at the same time Demonstrate technique Practice timed braking using cones	Cones
End	Red Light, Green Light	Cones to mark starting line and finish line

Week 5	Activity/Notes	Supplies Needed
Start	Level pedals & Ready position: Bike limbo & helmet tap	Pool noodle
End	For beginners: Figure 8 Challenge More advanced: Foot Down	Cones or something to mark the figure 8

Week 6	Activity/Notes	Supplies Needed
Start	Eyes ahead: Now & Next	Colored dots (Can also have 2 coaches hold up fingers)
End	Lesson recap: Ask for volunteers to share what they learned about how to use their eyes while riding	Funny googly eyes glasses (get group photo)

Week 7	Activity/Notes	Supplies Needed
Start	1) Riding skinnies (using eyes ahead from last week) 2) Wheel lifts 3) More advanced: Bunny hops	Long 2x4
End	Follow the leader	None

Week 8	Activity/Notes	Supplies Needed
Start	Play B.I.K.E. (similar to the basketball game P.I.G.) 1) Give kids challenges 2) If they complete the challenge, they earn a letter (keep track of in your head, or could use blue tape on helmets and write letters on tape as they earn them) 3) Everyone who spells B.I.K.E. by the end of practice earns a prize	Any materials needed for challenges you come up with!  Blue tape
End	Wrap-up and Prizes	MTB Rubber bracelets OR OKBC tattoos

Week 9	Activity/Notes	Supplies Needed
Start	Kids' Choice Game	*Ask in Week 8 to know which supplies are needed, if any
End	Team Circle/Season Recap: What do you feel most proud of? Highlight?	Stickers

Week 10	Activity/Notes	Supplies Needed
Start	Alley Cat/Scavenger Hunt	List of challenges (see attached sample for ideas)
End	Wrap-ups, kudos, certificates or prizes (if desired)	Certificates, stickers, prizes