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| 4. BIKE SKILLS ASSESSMENT | 1. Skills Course | - Objective of the activity is to use your best bike skills to cover the course making the least possible errors.  
- It's not a race, it's a test of skill. |

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OBJECTIVE: To complete the course making the least possible errors. Each rider starts with 20 points. Points are deducted for every error made on the course.

SET UP:  Depending on surface and area the course can be modified to suit.
- Straight Line Riding - Pass through the witches hats (30 - 50cm tunnel) without knocking any over.
- One Handed Riding Zone - Travel from marker to marker with just one hand on the bars.
- Look Back Zone - Look back at least two (2) times in between the zone markers.
- Slow Riding Zone - Ride a slow straight line or balance for 6 seconds before exiting zone.

1 POINT ERRORS:
Knocking over a witches hat, Taking the feet off the bike pedals at any time, missing a turn or witches hat, each second short of the required 6 seconds to be spent in the "slow riding zone" incurs a 1 point deduction, not removing one hand from the handlebars for the entire length of the "one handed riding zone", not looking back twice in the "looking back zone."

3 POINT ERRORS:
Skidding / Sliding the wheels, Falling off the bicycle, Straying off course, Riding out of control.

Conclusion:  
-Common errors made  
-Ways to improve .

1. Group discussion Question / Answer session  
- Reinforce the importance of good bike skills to both safety and good performances.