

Bikeability Level 1

Pass Criteria:

- ✓ Prepare themselves for a journey
- ✓ Check the cycle is ready for a journey
- ✓ Set off – pedal – slow down and stop appropriately
- ✓ Steer between obstacles without stopping
- ✓ Look behind over each shoulder
- ✓ Cycle one handed for a duration of 2 seconds (each hand separately)
- ✓ Avoid obstacles and other riders
- ✓ Perform U Turns with 2 feet on the pedals
- ✓ Control speed throughout the session
- ✓ Ride in singles and pairs as part of a group
- ✓ Follow instructor's instructions for the full duration of the session

The above must all be completed confidently, competently and consistently throughout the session.