



## GUIDE TO ASSESSING A CHILD'S CYCLING SKILL LEVEL

After a class has taken part in CYCLE RIGHT Stage One, what knowledge outcomes should be expected?

A class should show some or all of the following knowledge outcomes.

WHAT TO LOOK FOR AS SKILLS	EXERCISE TO CONFIRM
Safety Checks (Helmet, Clothes, Bike, Conditions)	CYCLE RIGHT poster resource – velcro dress doll exercise for younger pupils (3rd/4th class)
All-round Awareness – off as well as on road	Observation exercises – see CYCLE RIGHT resources
Control of speed – for particular environments	Running or cycling exercises to demonstrate times to stop at different travel speeds – see CYCLE RIGHT resources
Safe stopping distance – what is it and why does it vary?	See CYCLE RIGHT resource and discuss
Starting – steady and straight	Observe in practical class – encourage looking ahead and keeping arms long
Stopping – straight and controlled, appropriate speed	Observe in practical class – encourage back brake, followed by front brake, arms long, then feet to the ground on stopping
Emergency Stop – unexpected but controlled fast stop	Observe in practical class – back brake, then front brake in quick succession, long arms to keep the bike straight, leaning back to stop back wheel rising
Predictability and visibility of a cyclist on the road	
Left Hand Turn including cornering technique	Observe in practical class - Always shoulder-check, signal, check again and inside (left) knee up going through the corner. Slow into the corner, freewheel, then pedal out
Walking Right Hand Turn – when appropriate?	Observe in practical class - Recommended for inexperienced cyclists and for young people, see resource diagram for method, practical class with cones laid out to illustrate road layout and discuss
Cycling Right Hand Turn – when appropriate?	Observe in practical class - See resource diagram for method and positioning. Inside (right) knee up going through the corner. Slow into the corner, freewheel, then pedal out
Gears and how to use them	
Cycling in a Group – keeping control around others and communication	Observe in practical class – see CYCLE RIGHT exercise “the Funnel”



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WHAT TO LOOK FOR AS SKILLS	HOW TO SUPPORT THE SKILL
Right of Way – what is it, how does it work?	See CYCLE RIGHT resource and discuss
Cycling on the road – which side and does it vary?	Discussion point
Knowledge of road signs and road markings	See CYCLE RIGHT poster resource, fill in the blanks exercise
Cycling infrastructure – different types and how to use them	See CYCLE RIGHT Teacher's manual resource and discuss
Knowledge of different forms of crossings	See CYCLE RIGHT Teacher's manual resource and discuss
Traffic lights and how to treat them	See CYCLE RIGHT poster resource, fill in the blanks exercise
On-Road Positioning – distance from the kerb/edge	
On-Road Positioning – other traffic	
Junctions – types and how to cycle them	See CYCLE RIGHT Teacher's manual resource and discuss
Importance of obeying signs and rules of the road	See CYCLE RIGHT poster resource, fill in the blanks exercise
Overtaking parked cars	See CYCLE RIGHT Teacher's manual resource and discuss
Bike security and preventing bike theft	Discussion on serial numbers and where to find them as well as recording details of bike for security – further discussion, locks and the importance of using them
Large vehicles and how to approach them	See CYCLE RIGHT poster resource Large Vehicle Turning Lines and discuss
Vehicle blind zones and how they affect cyclists	See CYCLE RIGHT poster resource, Vehicle Blind Zones and discuss
Basic roundabouts and how to approach them	See CYCLE RIGHT resource and discuss
Responsibility for own safety as a cyclist	Discussion exercise

The CYCLE RIGHT School and Teacher's Resource area has sample cycle safety pop quizzes. The CYCLE RIGHT Teacher's manual resource gives information and diagrams which support the learning of pupils taking Stage One training in CYCLE RIGHT, and which will give further quiz material.