



## Riverstone International School Early Years Learn to Ride Program - Parents Information

### Introduction

The Riverstone Learn to Ride program will begin this August and will aim to expand and enrich the outdoor education experience in our early years program. Learning to ride a bike is a vital skill that will bring lifelong joy to our students. Our carefully designed curriculum starts students on a balance bike, gradually progressing to pedaling on their own. Students who can already pedal unassisted will focus on refining biking skills such as body position, braking, and turning.



### The Bikes



Riverstone will provide the [Strider 14x Convertible Bike](#) for students in Preschool to Kindergarten. This bike allows students to start with the strider method and gradually transition to using pedals with the included conversion kit. This approach helps students pedal more comfortably on a bike that is appropriately sized and familiar to them. These bikes are equipped with a coaster brake, which stops the bike when the pedal stroke is reversed (pedaled backward).

### Personal Equipment

Each student (or each family) must provide their own helmet. Helmets may be stored at school and are required for participation. Helmets must be labeled with the student's name. During biking classes, please ensure your student has an approved helmet that covers the front and back of the head and is secured with a snug chin strap. If you need assistance selecting a helmet, please contact, Derek Wright, our Outdoor Education Coordinator.

Personal bikes are permitted as long as they match the student’s skill level and are in good working condition. Training wheels are not allowed, and all bikes will be subject to inspection. If the instructors believe your child would benefit more from using a Riverstone bike, we will discuss this with you. Handbrakes are allowed, and we will adjust instruction to ensure each student understands how their bike stops. Please note that overnight storage of personal bikes is not provided due to limited storage space.

Optional equipment such as protective gear is also allowed but not required. Examples include knee and elbow pads or wrist guards.

### Learn to Ride Curriculum

Using the [Learn to Ride Participant Registration](#) we will categorize your child into different skill levels, each having a more personalized starting point. The different levels and learning objectives can be seen in the table below. Each student will have individualized instruction allowing them to move through each level with the ultimate goal of learning to pedal independently by the time they leave kindergarten.

	Level 1	Level 2	Level 3	Level 4
Skill Level	Student has not yet mastered the strider bike but feels comfortable sitting on the bike and making contact with the ground through their feet	Students feel comfortable striding on a bike in a straight line and are beginning to glide by picking their feet up. Student is starting to experiment with turning and moving the bike outside of a straight line	Students are very comfortable on a strider bike and are ready to pedal. Students can start the bike by gliding and immediately place their feet accurately on the pedals and perform proper pedal strokes maintaining forward movement.	Students can start their bike on their own using pedals or glide method and can efficiently pedal for long distances for a long period of time. Students are comfortable safely coming to a stop and are ready to learn additional skills.
Curriculum Focus	Proper bike fit Body position Eye focusing on where you want the bike to go Strider Movement	Lifting feet off the ground Gliding in a straight line for longer distances Looking through the turn	Starting using a glide Pedal accuracy Pedal stroke Stopping/braking Leaning into turn Head movement	Braking Pedal efficiency Speed Control Obstacles
Learning Objectives	Students will build skills focusing on sitting on the bike and making strider movements with their feet in a straight line	Students will become comfortable lifting their feet off the ground and gliding for long distances while being able to turn using proper body and balance positioning.	Students will develop skills allowing the bike to be propelled by pedal movement, controlled by the bike rider.	Students will focus on skills that will enhance riding efficiency such as body bike separation, body movement, braking, and riding over and around obstacles.

