



Aus
Bike

AUSBIKE FOR SCHOOLS

AUSCYCLING'S OFFICIAL BIKE EDUCATION
PROGRAM FOR SCHOOLS





Australian Government
Australian Sports Commission

AUSTRALIAN SPORTS COMMISSION FOREWORD

Sporting Schools is an Australian Government initiative designed to help schools increase childrens' participation in sport and connect them with community sporting opportunities.

As Australia's largest school-based sports participation program, Sporting Schools has funded over 8,600 schools since commencing in 2015. This has provided more than 13 million opportunities to get students active, engaged and having fun while sampling a variety of different sports. Sporting Schools programs are provided to children at no cost to their families.

Sporting Schools offers grant opportunities for primary schools. Eligible schools can apply for a grant each term. Grants support the delivery of sport-based programs to help students build the confidence and capability to be active for life.

The ASC has partnered with more than 35 national sporting organisations (NSOs) to facilitate delivery of Sporting Schools programs.

The objectives of Sporting Schools are to:

- Improve children's fundamental movement skills to encourage lifelong participation in physical activity
- Increase awareness of the value of sport in schools
- Engage children in high quality sporting programs
- Connect children with sport in their local community
- Develop the capability and capacity of sport to drive nationwide participation growth.

The ASC is committed to Australian sport environments and programs that are safe, supportive and friendly for children and other vulnerable people.



INTRODUCING AUSBIKE

AusBike is Australia's national bike education program, designed to give kids aged 5 to 12 years the essential skills to experience the freedom, fun and adventure of life on two wheels!

The program has been designed by expert coaches and is delivered in a variety of settings around the country by accredited instructors. AusBike caters for kids with all levels of bike riding experience – whether they're just off training wheels, or further down the track with their cycling journey.

The AusBike program is fun, interactive and progressive. With a focus on developing fundamental skills, safety and confidence, kids will work their way through a number of core skills.



AN EVIDENCE-BASED PROGRAM

AusBike is based on the CORE4Skills™, an evidence-based framework for developing, practicing, and embedding fundamental bike skills.

The core skills are:

1

MODULATION

Understanding the required amount of functional body engagement to complete a skill - for example, how much pressure to apply on the brakes to stop within three metres from a high speed.

2

DYNAMIC WEIGHT TRANSFER

The ability to position the body appropriately to manoeuvre the bike – for example, shifting the bike using your weight to control the bike movement.

3

STATIC BALANCE

The ability to be able to maintain control of the bike, with minimal movement. In real life, this could look like waiting at traffic lights or doing a trail check before riding the trail.

4

SITUATIONAL APPROPRIATENESS

The ability of the rider to make the appropriate choice, action and reaction to the situation - for example, being able to control the bike over various types of terrain and conditions.

AusBike is proudly designed, developed and delivered by AusCycling, Australia's national sports organisation for all forms of cycling and riding. The program has been developed with the support of the Australian Government through the Australian Sports Commission.

AusBike's school programs have been developed with support from ACPHER - the Australian Council for Health, Physical Education and Recreation - ensuring alignment with the National School Curriculum.

SCHOOL PROGRAM OPTIONS

There are two options for AusBike when delivered in schools:

1. The four-session Progressive program
2. The two-session Immersion program

Both programs are delivered by AusCycling-accredited instructors. The sessions can be held in a school setting before, during or after school. AusCycling encourages students to bring their own bikes and helmets, however if this is not possible, contact AusCycling regarding options for borrowing equipment.

PROGRESSIVE PROGRAM

The Progressive program includes four hours of content and is generally delivered as four x one-hour sessions (this may be adjusted to suit the needs of the schools):

Session 1: Introduction to fundamental riding skills

- Skill acquisition
- Game sense approach
- On and off bike activities

Session 2: Extend the development of skills

- Skill implementation and confidence building
- Game sense approach

Session 3: Application of Skills

- Explore current competency of skills through various challenges
- Game sense approach

Session 4: Embedding of skills

- Road safety knowledge
- Game sense approach

IMMERSION PROGRAM

A faster, fun program held over two x one hour sessions, the Immersion Program is ideally suited for class groups of up to 30 students. With its shorter format, schools can run multiple sessions per day, providing more kids with the AusBike experience!

The Immersion format involves both on and off bike activities, with a focus on inclusion, fun games, and skill acquisition! Suitable for Years 3 to 6.

Day 1: Early in term

- Skill acquisition
- Game sense approach
- On and off bike activities

Day 2: Towards end of term

- Skill implementation and confidence building
- Road safety knowledge
- Game sense approach



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