

PCS Kindergarten



Learns to Ride

Physical Education at PCS

ALL KID'S BIKE

Plymouth Center School Kindergarten students will explore the All Kid's Bike Program, that is a non-profit teaming up with Strider Bikes with the goal of getting every 5 year old in America on Bikes. The program will begin during the month of March and will progress through 8-10 developmentally scaffolded lessons your child is sure to enjoy!

The program is taught by the physical education teacher at PCS who has taken the All Kids Bike teacher training program in preparation for teaching your child to ride and all bikes and safety equipment are provided. This program is part of our Kindergarten curriculum only.



STRIDER BIKES

The bike students will use is the Strider 14x sport, which is an adjustable youth balance bike designed to progress from balance mode where children use their feet to navigate and propel the bike forward, then to using pedals towards the end of the program as they demonstrate success and confidence in riding.



Please reach out to me with any questions or concerns: chateauneufl@plymouth.k12.ct.us

I can Stride, I can Glide

SKILLS & STANDARDS

- Core balance, and bike manipulation.
- Proper helmet and bike safety checks.
- Striding and gliding on the bike.
- Stopping with feet and with pedal brakes.
- Navigating straight, curved and zigzag pathways
- Pedaling and riding with confidence.
- Perseverance and turn taking with peers.
- Street Safety signs.

I can Learn to Ride!

Physical Education at PCS

SAFETY

Your child's safety is my first and foremost priority, and all lessons will be under close supervision, with clearly marked boundaries and individual and small group support and activities. We will also teach and revisit proper usage of safety equipment during each lesson and perform safety checks before riding. Please ensure proper footwear to ride: open toed shoes will not be permitted for riding.



HYGIENE & HELMETS

Nurse Carol and I have discussed at great length the importance of hygiene in sharing safety equipment such as helmets and in any event that equipment must be shared between classes we will ensure hygiene practices are followed.

All helmets are youth sized, adjustable helmets that will be fitted to your child for a safe and appropriate fit before riding. If you prefer your own, you are more than welcome to send your child in with their own fitted helmet to be kept in the gym or send it to school on the days they have PE. If you choose to send one in, please make sure it is marked with your child's name.

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