



Kindergarten

Bike Program Update



BIKE PLEDGE



I Will try my best! I will NOT Give up!
I can STRIDE! I can GLIDE! I can learn to RIDE !!

HELMET CHECK

Your students began our Bike unit learning how to properly fit and fasten a helmet safely on their head before riding. We also learned how to help others put their helmet on safely by doing a 2-4-1 Safety Check which is pictured below.



Seat
Frame
Handlebars
(Grips)
Footrests
Wheels

PARTS OF BIKE

Students also learned how to identify different parts of a bike. The balance bikes they started on have footrests instead of pedals, and the bike pedals will replace the footrests as the program continues.