



# Kindergarten

## Bike Program Update



### BIKE PLEDGE



We continue reciting our Bike Pledge at the beginning of class to set a positive tone for everyone!

### BALANCE & STRIDING

Students are practicing core balance and navigating on a bike using their feet to propel the bicycle. We practice different balance poses on the bike and how to use a left, right (walking stride) while we propel the bike forward.

### STOPPING

Students begin the program using their feet to stop when in motion on the bike. Once they can safely find the pedals with their feet and are comfortable with pedals we will learn and practice using the pedal brake.



### GLIDING

After Balance and Striding are mastered, students are picking up a little more speed to lift their feet up and coast or glide both short and longer distances through different pathways. At this point, a major focus is increased control and confidence while maintaining control of the bike.



### RIDING

Next up:  
Pedaling and  
pedal brakes!