

# Bike Ready



## What can BikeReady do for your students?

Cycle skills training  
+ curriculum resources  
= deep, contextualised  
learning and skills for life



### Vision

BikeReady supports the New Zealand Curriculum vision for young people to be resilient, connected as members of communities, contributors to the wellbeing of New Zealand and informed decision makers.

### Key competencies

Bike riding is a context for young people to use creative and critical thinking, knowledge and skills as a guide to personal thought and social action.

### Future focus

Engages students in exploration of bike riding and safe transport systems in connection to citizenship and sustainability.

### Values

A bike riding school culture helps students explore and express values of excellence, innovation and participation for the common good.

### Science

#### Provides a context to understand the:

- physical world – physical inquiry and physics concepts
- living world – life processes.

### Technology

#### Contributes to student understanding of:

- technological knowledge
- nature of technology
- design thinking.

### Mathematics and statistics

#### Contributes to student understanding of:

- position and orientation
- numbers and algebra – patterns and relationships.

### Social sciences

#### Enables students to explore contexts related to:

- identity, culture and organisation
- continuity and change.

### Health and physical education

#### Supports students to learn about:

- regular physical activity
- safety management
- community resources.

### The arts – drama

#### Gives opportunities for students to:

- understand drama in context
- develop practical knowledge
- develop ideas, communicate and interpret.

### Physical activity

#### Giving students the experience and skills for bike riding helps your school align its practices with:

- *National administration guidelines* – priority given for regular quality physical activity that develops movement skills
- *Physical activity guidelines for children and young people* – recommends accumulating at least one hour a day of moderate to vigorous physical activity.

