



We're on a mission to teach every child in America how to ride a bike in kindergarten PE class.



Learning to ride a bike is a **DEVELOPMENTAL MILESTONE & LIFETIME SKILL**

Recreation & Sport

Transportation & Mobility

Health & Happiness

5 STEPS TO SUCCESS!

1. School Administration approves implementing Kindergarten PE Program.
2. School applies for the program at www.AllKidsBike.org/school-application
3. Donor contributes funds or school fundraises independently.
4. All Kids Bike team issues training tokens for teachers to complete training
5. All Kids Bike team ships bikes and equipment to school and hundreds of kids learn to ride!



ALL KIDS BIKE® KINDERGARTEN PE PROGRAM INCLUDES:



Teacher Training & Certification



8-Lesson Learn-To-Ride Curriculum



Fleet of 2-in-1 Balance Bikes, Pedal Kits



Fully Adjustable Helmets



1 Balance Bike for Teacher Instruction



Five Year Support Plan

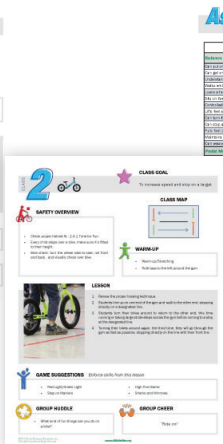
ALL KIDS BIKE KINDERGARTEN PE CURRICULUM

A **proven** and **successful** curriculum that will fit into any Kindergarten PE class.

The All Kids Bike® Kindergarten PE Program provides a learn-to-ride opportunity packed with fun, gratification and success! Building upon a foundation of skills acquired in each lesson, students achieve milestones that guide them to the final goal of pedaling a bike independently.

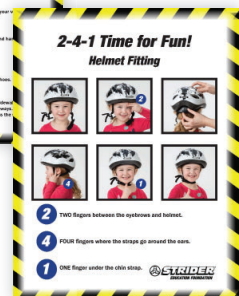
Designed to be taught in 8 integrative lessons, the curriculum begins with the simple goal of teaching a child how to move, balance, and stop while on a two-wheeled balance bike.

Midway through the curriculum, the bikes are converted from balance-mode to pedal-mode with the goal of each student pedaling a bike independently.



Assessment Map

Lesson	1	2	3	4	5	6	7	8
Balance Mode								
Pedal Mode								



- **Eight easy to follow lesson plans the entire class can participate and advance through regardless of their current riding ability.**
 - The first five lessons are in balance-mode, where students learn the basics of balance by striding, leaning and maneuvering through turns, spatial awareness, gaining confidence to lift both feet up and glide, and how to follow the leader. The last three lessons are in pedal-mode where students can learn the propulsion by pedaling the bike.
- **Each lesson includes helmet safety.**
 - The first lesson of the curriculum introduces a helmet, instructing children on proper fit, and reinforcing the importance of wearing a helmet whenever they ride. Throughout the curriculum, helmets are highlighted as a key safety component when maneuvering on two wheels.
- **The curriculum includes over 30 activities to reinforce skills and introduce students to the joy of two wheels.**

HEALTH & PHYSICAL EDUCATION STANDARDS ALIGNMENT

The All Kids Bike Kindergarten PE Program aligns with SHAPE America National Physical Education Standards so it can seamlessly be integrated to the educator's year-long physical education programming.

Standards include:

- **S1E1K:** Performs locomotor skills while maintaining balance.
- **S1E3K:** Performs jumping and landing actions with balance.
- **S2E1K:** Differentiates between movement in personal and general space.
- **S2E2K:** Travels in three different pathways.
- **S2E3K:** Travels in general space with different speeds.
- **S3E1K:** Identifies active play opportunities outside physical education class.
- **S3E2K:** Participates actively in physical education class.
- **S4E1K:** Follows directions in group settings.
- **S4E3K:** Follows instruction and directions when prompted.
- **S4E4K:** Shares equipment and space with others.
- **S4E6K:** Follows teacher directions for safe participation and proper use of equipment with minimal reminders.
- **S5E2K:** Recognizes that some physical activities are challenging/ difficult



OTHER CURRICULUM INCLUSIONS:

- A YouTube Library of bike builds, teacher tips & tricks, bike sizing, helmet fitting
- Printable resources include posters, assessment map, bike storage solution plans, letter to parents, and graduation certificates
- Activity Guide full of step-by-step instructions for activities and games to aid in the Learn-To-Ride process. All activities incorporate the SHAPE standards alignment.

EXAMPLE:



RED LIGHT/GREEN LIGHT

Items needed: Strider 14x AKB-Specific Bike, helmet

Before beginning this game, explain to the children how to stop safely and correctly in balance mode with both feet flat on the ground, toes up, not down, and pedal mode by pushing their rear heel into the pedal towards the back wheel. Have kids practice stopping correctly. Then have kids line up facing you from several yards away. Explain that when you yell "Green Light!" they are to stride toward you, and when you yell "Red Light!" they must stop. The goal is for the students to make it to you. This encourages them to propel and promotes the importance of stopping quickly.

[PE Standards] S1E1. S2E1Ka. S2E3. S2E4. S4E1. S4E2Kb. S4E3. S4E4Ka.

TEACHER TESTIMONIALS

"I wish I had a video to capture their reactions. Every student was excited and so eager to try the balance bikes. The enthusiasm was catchy! All I can equate it to is a house on Christmas morning as kids are running to open up their presents! Honestly, this was the same vibe. I think the most important reason why we had so much positive energy toward these bikes is that all kids truly have a genuine desire to ride. I do believe that. These bikes give them the confidence that is so needed. The Strider Balance Bike is not intimidating, unlike a bike on training wheels."

Sue Sweeney, PE Teacher, Torrence Creek Elementary, NC



"It's amazing how transformational this experience is for the kids in my classes. I'm not talking about physical skills only; they are gaining tons of physical skills with this program, but I'm seeing emotional and social growth like nothing I have seen in my twenty years of teaching physical education. Kids that have never been on a bicycle before will typically start out feeling frustrated, overwhelmed. As you can imagine, we have some tumbles and stumbles, and you can see the frustration on their faces. What amazes me is not one of those frustrated kids has ever considered giving up. The kids come back to the next class, they get their little helmets on and get right back on the bike, and you can see the determination on their faces. Some of that comes from within, some of that comes from their classmates."

Cathi Dallesander, PE Teacher, North Street School, CT

"I have a kindergarten class who are doing Striders, and they love them, and I noticed some that were ready to start or try the pedals. I took a pedal bike out, and I have one kinder who was so determined to ride it and worked hard. By the end of class he was riding the pedal bike, and the smile and joy he had were priceless. Not only did he learn how to ride a bike, but he also learned how hard work pays off and to have goals! It really made me smile and reminded myself why I do this!"

**Gretchen Johnson, PE Teacher,
Cleveland Elementary, SD**

