

Bike-ability 2 session plan

Lesson 1	Playground session: Control & observation Cycling along a line, looking behind right shoulder Cycling as slow as possible Changing gear Riding through an obstacle course
Lesson 2	On road session: Starting off and stopping Road Priorities and position U-turn
Lesson 3	Left turn (uncontrolled junction) Left turn (controlled junction)
Lesson 4	Overtaking
Lesson 5	Right turn (controlled junction) Right turn (uncontrolled junction)
Lesson 6	Revision Link manoeuvres together and introduce traffic conflict at junctions