

Ready to Ride: Body Check

Game overview

A classroom routine that prepares students before they head out to ride bikes. Helps build awareness of what to wear and how to set themselves up for comfort and safety. Do this every time to create a pre-ride habit.

Learning Focus

- Understanding the importance of being ready to ride
- Helps students to be prepared before they get on the bikes

Variations

- Encourage student support: older or confident students can help others check
- See who can be ready the fastest
- Make it a whole class game
 - How long will it take us today to get ready?

Game Type:

Listening & preparation for riding

Time

5 mins

Play area

Classroom or school bag/shoe area

Group size

Whole class

What You Need

- School shoes (closed-toe)
- Suitable clothes for riding

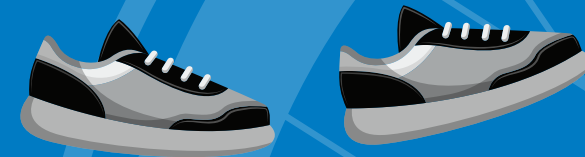
Safety Checks

- As the students leave the classroom do a final check everyone is ready



Teaching tips:

- Use this as a pre-ride ritual before EVERY bike session
- Could be led by students ("Who can lead our body check today?")
- Great classroom transition while waiting to move outside



How to Run the Body Checks

Go through these steps together in the classroom. Encourage student-led participation

1. Footwear

- Closed-toe shoes – no sandals, slides, or jandals
- Laces are tied up – for long laces double knot or tuck them in
- Velcro straps are secure

2. Clothing

- Remove any jackets or jumpers tied around the waist – they can get caught in wheels
- Suggest zipping up jackets or take them off
- Remove any long accessories e.g. cords, scarves, dangly items that might get caught in the wheel or chain
- Roll up baggy pants

3. Hair

- Tie long hair low i.e. in a ponytail hair style, this helps with the helmet fit
- Removing hair clips helps with the fit and comfort of the helmet

