

# Let's Learn to Ride a Bike!

Bike riding is a complex skill that involves organization of a person's gross motor skills and sensory systems.

1

## Child controlled lateral tilting

With the adult standing at the handlebars, have your child sit on the bike and lean to the right and left to work on postural reactions and reflexive leg extension.

6

## Build trust

The child must have trust in the person helping them. Explain exactly what to expect on each step and master each step before moving on.

2

## Imposed predictable lateral tilting

This is the same as step one, however, the teacher will be imposing the tilt.

7

## Pedal maximal assistance

The adult is positioned to the side while holding under the seat and at the handlebars. This allows the child to work on pedaling without worrying about their balance.

3

## Imposed unpredictable lateral tilting with feet on pedals

Have your child put their feet on the pedals and, when tilted right or left, watch that your child is adjusting their legs and posture.

8

## Pedal minimal assistance

As the child gains confidence the adult can lessen the support to just the handlebars or seat.

4

## Bilateral symmetrical glide

Have your child glide with both legs at the same time by pushing off the ground with strong force.

9

## Pedal with stand by assist

Continue to progress at a stand-by assist level until the child is ready to pedal on their own.

5

## Bilateral reciprocal glide

Have your child glide with one foot at a time by pushing off the ground with strong force.

Make sure the child's feet can touch the ground flat while seated on their bike.



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