

**BASICS OF BICYCLING:
TEACHING JUANITA ELEMENTARY STUDENTS TO BIKE SAFE! BIKE SMART!**

From February 19th-March 20th, something fun and exciting happening for the 3rd-6th grade students of Juanita Elementary; They are participating in the Lake Washington School District to ride bikes for Group Health's **Basics of Bicycling Program** provided by the Cascade Bicycle Club Education Foundation.

Because this is hands-on, bicycling skills and safety courses are designed to give young students skills and knowledge in traffic-wise bicycling. According to statistics, kids age 10 to 14 years old suffer from the highest number of bicycle collisions - nearly twice that of any other age group. The Basics of Bicycling enables Mrs. Kohlwes to teach her students to negotiate or avoid those high hazard situations when riding their bikes. The Basics of Bicycling Unit also empowers parents and grandparents to volunteer and get involved with their child/grandchild's physical education program. Here is what some of my current and past volunteers have to say.

"This safety program from the starting lesson was exceptional. The curriculum was well planned and thought out. The safety video shown the first day should be shown to students of all grades both in the spring and fall."

Sharon Langlois: Grandparent Volunteer

"This is a wonderful program! It was amazing to see kids who have never ridden a bike, learn as quickly as 20 minutes. Also being a bike enthusiast myself, I understand the importance of learning the safety skills. This program should be standard in all the elementary schools in our area. What a fun way for the kids to learn bicycle safety."

Suzy Waltar: Parent Volunteer

The first lesson shows students how to adjust their helmets so that the helmet fit appropriately. Additional lessons include something for all levels of ability: Some students learn to ride bikes for the first time while other students who have bike riding experience are challenged with riding stations that required them to use more advanced skills such using appropriate hand signals when turning or stopping, and negotiating obstacle courses to improve handling, cornering and control. A big hit in past has been the figure eight course which includes understanding traffic signs and how to cross an intersection safely. All of this takes place in a safe environment on Juanita Elementary's blacktop playground area.

The Basics of Bicycling: Bike Safe! Bike Smart! Program is being provided for all elementary schools Lake Washington School District through a grant from Group Health Cooperative and The Cascade Bicycle Club Education Foundation. After taking a half day workshop 3 years ago, all LWSU elementary physical education teachers had the opportunity to sign up for this three-five week bike safety unit. The Cascade Bicycle Club Education Foundation provides education programs and consulting services to the local community, to create a better community through bicycling and by teaching safe cycling to kids.

Are you interested in VOLUNTEERING? Just contact Mrs. Kohlwes at 425-823-8136 ext 115 or email me at lkohlwes@lwsd.org

--Mrs. Lynn Kohlwes: Juanita Elementary Physical Education Teacher