

MOVE Santa Barbara County
educates, empowers and
advocates for people who
walk, bike and take transit.



MOVE

Santa Barbara County





MOVE teaches
how to ride and
bicycle skills to
over 5,000
students annually.



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MOVE has created
a new *free*
Bicycle Education
Curriculum
so everyone has
the tools to teach
bicycle education.

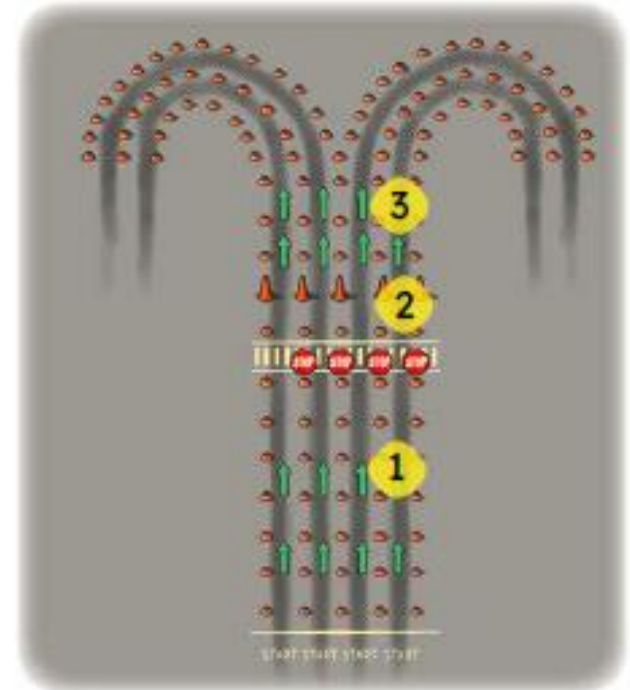
Setup

Like in Phase #1, have students line up in 4 lines, one behind the start of each course lane. Have your assistant act as a pedestrian again.

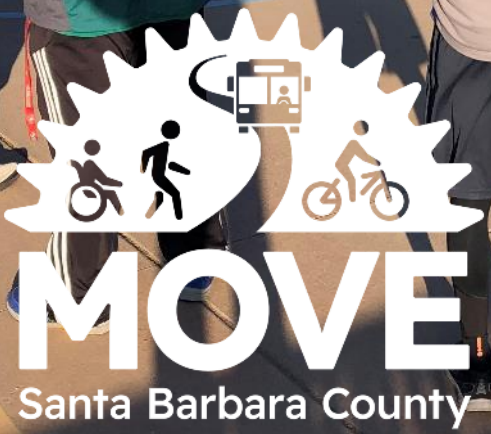
Directions

1. Ride the course up until the turn in the same way that you did in Phase #1
2. Once you reach the big cones, take the appropriate hand off the handlebars, and signal. Students who are not ready to hold a signal can practice briefly taking their hand off the handlebar, holding it out a little longer each time.
3. Return both hands to the bar before entering the turn.

Once the students master these skills, move on to Phase #3.



www.MoveBCounty.org/freedomtoride



MOVE is working with school districts to adopt bicycle education into PE. The Santa Maria Bonita School District was the first to adopt the program and increased bicycle education from 700 to 3,500 students in one year.

Contact us to incorporate bicycle education into your program.

MoveSBCounty.org