

BIKEABILITY LEVEL 1 SKILLS

Practise the activities listed and tick the column on the right when you can do these.

ACTIVITY	I CAN.....	Tick
Prepare myself for a journey	Recognise if I am able to ride independently or need help	
	Ensure I have appropriate clothing or accessories to help me ride comfortably and safely	
	Fasten a cycle helmet correctly	
Check the cycle is ready for a journey	Name the main parts of the cycle	
	Check all the tyres are inflated correctly	
	Check that the brakes are working properly	
	Check the chain is in good working order	
	Check the handlebars are fitted correctly	
	Check the cycle fits me	
	Ask for assistance if required	
Set off, slow down and stop	Apply brakes before getting on the cycle	
	Sit securely on the seat	
	Look for hazards ahead and behind before setting off	
	Set pedals at the start position	
	Set off straight ahead	
	Find an appropriate place to stop	
	Look for hazards ahead and behind when preparing to stop	
	Apply brakes and bring the cycle to a smooth stop	
	Apply brakes to bring the cycle to a quick stop	
	Apply brakes before getting off the cycle	
	Pedal	Look behind over each shoulder while pedalling in a straight line
Turn left and right at different speeds, with control		
Make U turns with control (wide and narrow U turns)		
Pedal one-handed in a straight line		
Pedal steadily using gears (if present)		
Cover brake levers while pedalling		
Control my speed		
Avoid hazards		
Share space with pedestrians and other riders, taking particular care when cycling near vulnerable pedestrians (e.g. with physical, sight or hearing impairments.)		