

## Play on Pedals

### Instructor Training Standard Agenda

**Note:** Timings may vary

<b>09.00</b>	Arrival	
<b>09.15</b>	15 min	Welcome introductions to Play on Pedals project Aims and outcomes from the training session
	10 min	Talking through Play on Pedals Instructor candidate manual
	10 min	Delivering to nursery children and linking to Curriculum for Excellence – talking about the Play on Pedals project book
<i>Head outside - participants are advised to bring their own bikes where possible otherwise can use balance bikes</i>		
<b>09.55</b>	15 min	<b>Taster games 1:</b> naming the parts using the flash cards
	20 min	Basic bike safety check and helmets
<b>10:30</b>	20 min	<b>Taster games 2:</b> Braking
	20 min	<b>Taster games 3:</b> Gliding and stopping in a box
<b>11.10</b>	20 min	Break
<b>11.30</b>	15 min	<b>Taster games 4:</b> Steering
	15 min	<b>Taster games 5:</b> Mounting and dismounting
	10 min	Risk Assessment preparation
	40 min	Preparation in pairs for delivering the afternoon session
<b>12:40</b>	30 min	Lunch
<b>13:15</b>	30 min	Pair 1 practical session with nursery children
<b>13.45</b>	30 min	Pair 2 practical session with nursery children
<b>14:15</b>	30 min	Pair 3 practical session with nursery children
<b>14.45</b>	30 min	Pair 4 practical session with nursery children
<b>15:15</b>	30 min	Feedback and evaluation
<b>15.45</b>	15 min	Next steps and any questions
<b>16.00</b>	15 min	Break / leave