

## **Cycling Level 3 - Lesson Plan**

Key Points to Cover:

- 1 – Seats and Helmets
- 2 – Bags and racks
- 3 – Lights
- 4 - Balance

Supplies Suggested:

Bring in bikes of all types.

Bike equipment and accessories

Activities to Reinforce Lesson:

Go on a cycling outing

Devotion: