Youth Educational Sports, Inc.

YES-School Cycling Programs
Including
Vision Zero and Safe Routes to School Educational Components
You’ll never know where two wheels will take you?

Started seriously cycling 1982
• National Competitor/Velodrome Manager 1987
• Development/Junior Coach at Olympic Training Center
• Traveled with the National/Pro Teams all over the world
• Elementary school bicycle education - Escondido 1991
• First middle school bicycle program – LAUSD 1995
• Youth Educational Sports, Inc. (YES) established 1998
• Piloted first Physical Educational Bicycle Unit – 2010
• Started YES-School Cycling Programs (YES-SCP) - 2015

Youth Educational Sports, Inc. (YES)
Tana Ball, Founder
YES-School Cycling Programs
PHYSICAL EDUCATION BICYCLE UNIT
YES-BLAST Vol. 1, for middle schools
Ten good reasons for a Physical Education Bicycle Unit:

1. Bicycling needs a safe venue to learn/practice.
2. Bicycling is a life-sport any individual can do.
3. Bicycling is the only sport and transportation.
4. Bicycling is preventing youth obesity and ADHD.
5. Bicycling is low impact, good for young bodies.
6. Bicycling is cross training for other sports.
7. Bicycling is recreation to the Olympics sport.
8. Bicycling is an environmental transportation.
10. Bicycling is a fun activity for everyone.
YES-BLAST Vol. 1
Youth Educational Sports, Inc.
YES-School Cycling Programs (YES-SCP):

1. All YES curricula are aligned with National P.E. Standards
2. YES-BLAST Vol. 1: 15-days Lesson taught in P.E. class
3. Provides Professional Development (teacher training)
4. Team Teaching when first rolling out BLAST
5. Every student participates annually
6. Inclusive for students with disabilities
7. Inclusive for novice bicycle riders
8. Start a School Cycling Club/Team
9. School community outreach
10. Certified YES-School Cycling Teachers (YES-SCT)
YES curricula a foundation for all bicycling disciplines:

- Mountain Bike Racing
- BMX Racing
- Track Racing – Velodrome
- Road Racing
- Time Trial Racing
- Cross Racing
- Recreational Riding
- Commute by Bicycle
- Fixie Riding
- Bicycle Touring
Recent funding from federal and state grants:

Los Angeles Unified School District to train middle school teachers and establish Physical Education Bicycle Units

Los Angeles Department of Transportation to promote “Vision Zero”
YES-SCP includes the 6 E’s of Safe Routes to School

1. EDUCATION
2. ENGINEERING
3. ENFORCEMENT
4. ENCOURAGEMENT
5. EVALUATION
6. EQUITY
YES-SCP program removes barriers:

Equity is achieved when barriers are removed:

+ Abilities – everyone starts out learning the same
+ Exposure – all have the same exposure
+ Gender – no one is excluded because of gender
+ Ethnic barriers - no one is excluded because of race
+ Parent apathy – no parent approval, all included
+ Inclusive – P.E. programs are already inclusive
+ Scared - all start with basics to build confidence
+ Injury – even learn how to fall safely off a bicycle
Students with disabilities may never have ridden a bicycle. Riding a bicycle gives them personal freedom for the first time.

REQUIREMENTS for riding a bicycle as transportation even on sidewalks:

- Physical, cognitive and psychosocial abilities
- Processing, attention and decision making
- Judgment of speed
- Reaction time
- Coordination
YES-School Cycling Programs

PHYSICAL EDUCATION BICYCLE UNIT

YES-BLAST Vol. 1, for middle schools
15 Day Lesson Plan includes:

1st day classroom presentation:
“Middle School - Active Transportation 101”

12 days on bicycle skill building:
11 days: students learn how to ride correctly
1 day: students learn how to fall safely

2 days of walk/ride safe streets - “Vision Zero”
1st day design and draw on asphalt streets
2nd day walk and ride designed streets
YES-BLAST 15-Lesson Plan

Day 1 – Presentation & Knowledge Survey
Day 2 - Skill 1 Helmet Fit
Day 3 - Skill 2 ABCs Bike Check & Fit
Day 4 - Skill 3 Stopping & Starting Correctly
Day 5 – Skill 4 Straight Line/Scan
Day 6 - Skill 5 The Weave
Day 7 - Skill 6 Single Handed
Day 8 - Skill 7 Figure “8”
Day 9 – Skill 8 Walk/Ride Traffic Awareness & Design
Day 10 – Skill 9 Walk/Bike Traffic Safety Course
Day 11 - Skill 10 Safely Falling (rain day)
Day 12 - Skill 11 Slow Racing
Day 13 - Skill 12 Buddy Riding
Day 14 - Skill 13 Controlled Group Riding
Day 15 – Review Skill 11, 13 & Knowledge Survey
Middle School “Active Transportation 101”
Bike/Walk Safety
SKILL 8 – Create Walk/Bike Traffic Awareness & Course Design

Each class learns segments of traffic safety design:

- street lanes,
- curb colors,
- traffic signs/lights,
- jut-outs,
- crosswalks,
- school bus zone
- and more

This diagram is an example of how extensive the finished product can be.

The local city traffic engineer is invited to speak and participate.
SKILL 8 – Create Walk/Bike Traffic Awareness & Course Design

Traffic Skills Course Layout Outside
Each class will design their segment and draw their design on the asphalt outside.

Have local law enforcement come to interface with walkers & riders through the critical sections of design streets. Or class members take turns at being traffic officers and give out tickets or good job prizes.
THANK YOU FOR LISTENING

Please contact me for additional information:
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High School Bicycle Unit is next......