

OVERVIEW: PEDAL POWER

Program Name:	Pedal Power
Program Contact:	Jaime Akiyama Program Coordinator Peterborough Green-Up Association jaime.akiyama@greenup.on.ca
Program Focus:	Cycling skills & knowledge training
Target Audience:	Grade 5 students
Course Duration:	Delivered as a series of 5 sessions. Each session is 80 to 100 minutes in length.
Key Elements:	<p>Students participate in a series of on-bike lessons that emphasize the importance of being prepared in control, aware, and predictable. Students also take part in an evaluation and celebration of the program. Lessons occur in the schoolyard as well as on neighbourhood roads and trails when possible.</p> <p>The Pedal Power Instructor Manual outlines the objectives and topics covered across the 5-day program, including:</p> <ul style="list-style-type: none"> • Day 0: pre-course visit to prepare for the session • Day 1: understanding how to prepare for cycling • Day 2: demonstrating overall control of a bicycle • Day 3: identifying hazards & demonstrating awareness • Day 4: communicating with other road/trail users • Day 5: assessing skills and knowledge
Recommended Delivery Model:	The Pedal Power program is led by a local non-profit organization Peterborough Green-Up Association. The program is delivered by instructors, who are trained at a multi-day session organized by GreenUP and B!KE Peterborough. With the help of community and funding partners, extra bikes and helmets are provided to ensure everyone is able to participate.
Other Notes:	A brief program overview is available online at: https://www.greenup.on.ca/program/pedal-power/

*Reminder: We encourage you to plan your program expenses and identify funding sources before reaching out to receive curriculum and program materials from partner organizations.