

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?



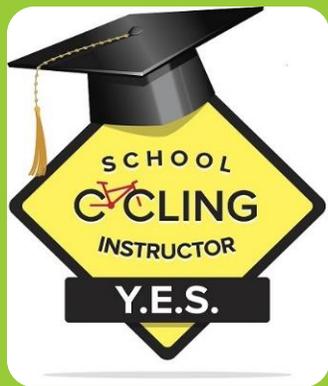
Youth Educational Sports, Inc. (YES)  
Tana Ball, Founder

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



YES-School Cycling Programs  
PHYSICAL EDUCATION BICYCLE UNIT  
YES-BLAST Vol. 1, for middle schools





# Ten good reasons for a Physical Education Bicycle Unit:

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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.
9. Bicycling completely taught on school grounds.
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:

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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:

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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:

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- + 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



# Student With Disabilities - Freedom

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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



# Schools - Safest Place To Learn Cycling

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## 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”

1<sup>st</sup> day design and draw on asphalt streets

2<sup>nd</sup> 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





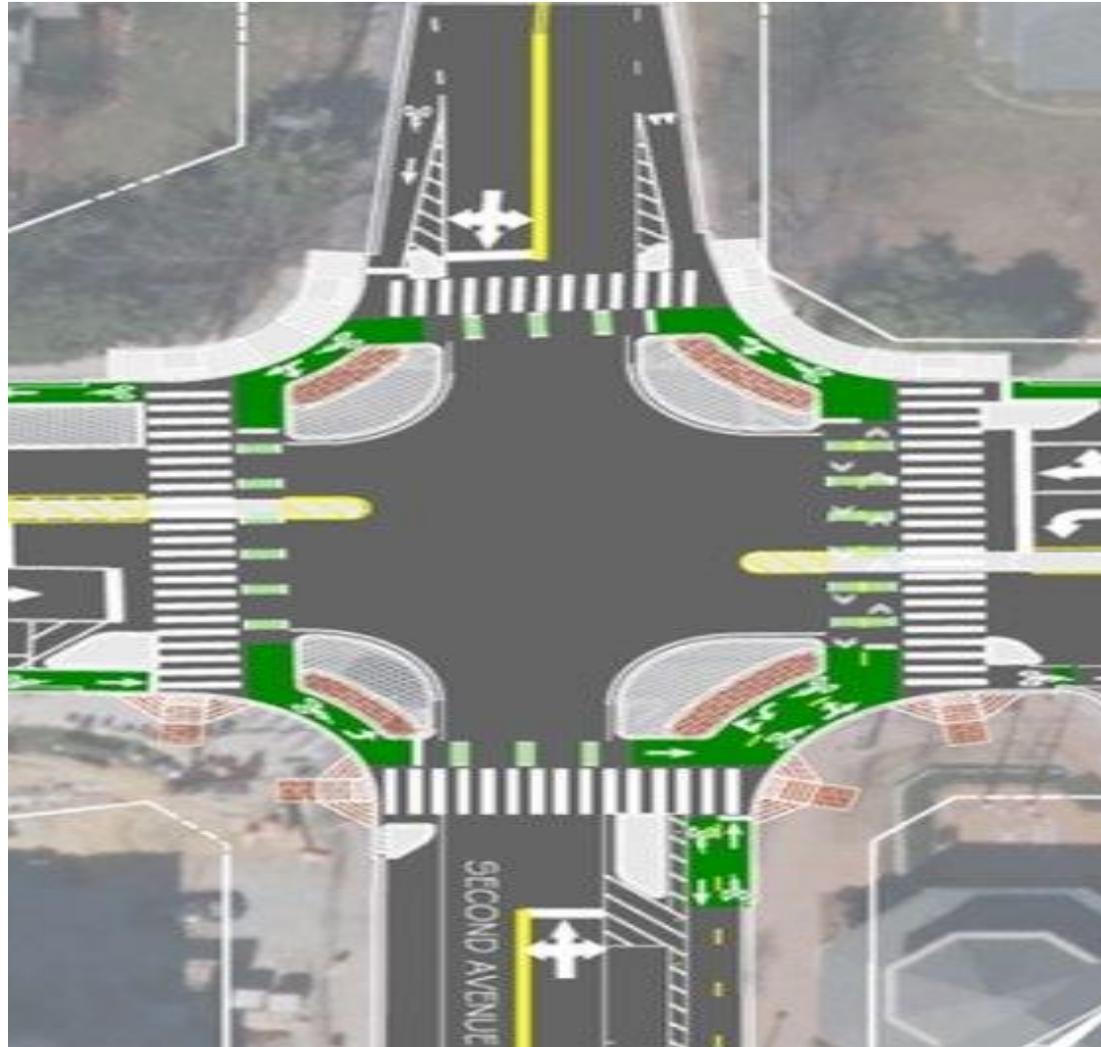
# Middle School “Active Transportation 101” Bike/Walk Safety



To learn more about SRTS, please visit <http://saferoutes.lacity.org/>



# SKILL 8 – Create Walk/Bike Traffic Awareness & Course Design



Each class learns segments of traffic safety design:

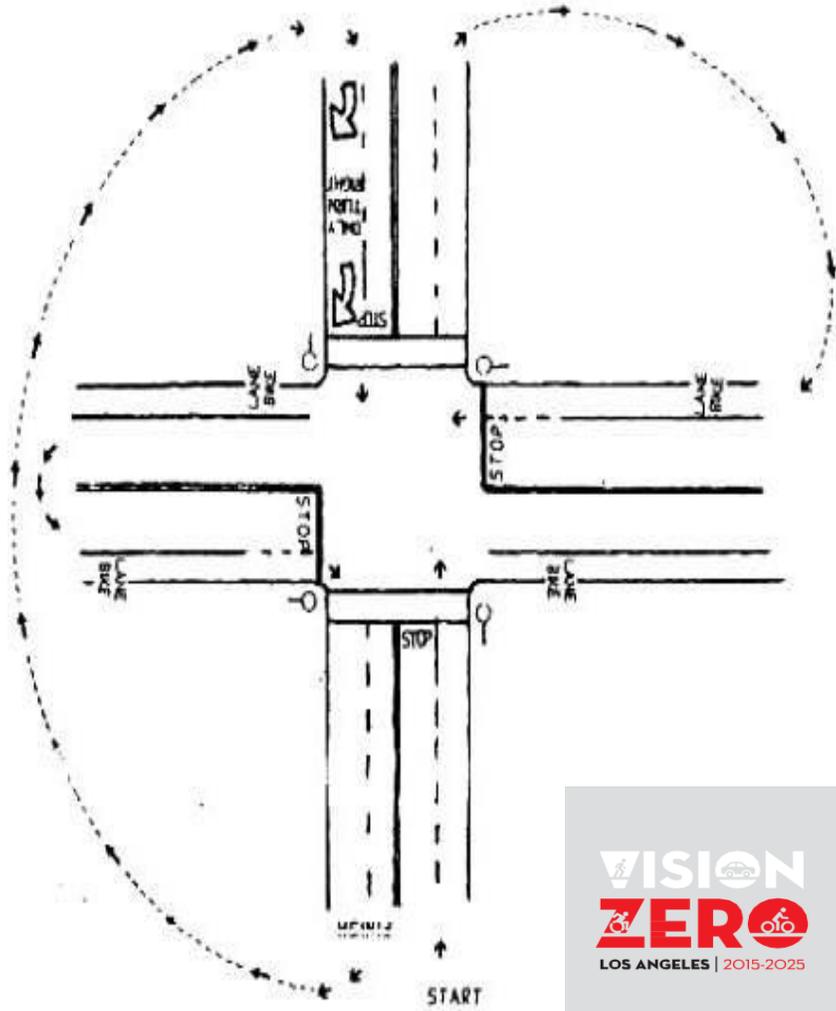
street lanes,  
curb colors,  
traffic signs/lights,  
jut-outs,  
crosswalks,  
school bus zone  
and more

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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**818-292-0779**



# High School Bicycle Unit is next.....

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