

RYAN TERNDROP PRESENTS:

HOW TO RIDE A BICYCLE

Self-Guided Digital Workbook



Your Name



*This self-guided workbook will walk you, step-by-step, through the process of learning to ride a bicycle **with confidence.***

*Designed for adult learners, it combines simple instruction, hands-on practice, and confidence-building techniques to help you **safely ride on your own.***



Get Ready to Ride Your Bike!



This is YOUR workbook.

Type your name on the cover as well as notes in the spaces provided. **It is ALL you need,** as it links to all other materials.

If you'd rather write, this workbook can be printed as well! You will still need the digital copy to open certain media activities.

This workbook uses audio, so you'll need headphones or speakers to complete the content.



Here are some icons you'll see and what they mean:



Media: There are materials you can open by clicking the hyperlinks

Some content contains audio as noted with .



Activity: Instructions for an activity are located near this icon (like a worksheet, quiz, etc.)



Practice: This indicates a hands-on practice activity session in which you will physically practice what you've learned.



Table of Contents

Here is the layout of this course in its entirety. Feel free to reference this page when getting a feel for the curriculum. You can also use this page to check off sections of the content as you complete it.

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What You'll Learn

Read below for an overview of what this training content covers, as well as the learning objectives accomplished by completing this workbook.

Overview

Learning to ride a bicycle as an adult may feel challenging at first, but with a structured approach, it becomes manageable and rewarding. This workbook walks you through each step to help you build the skills and confidence needed to ride safely on your own.

Learning Objectives

By the end of this workbook you will be able to:

- Identify key bicycle components and understand their basic functions
- Demonstrate proper safety practices, including helmet use and environment awareness
- Mount and position yourself on a bicycle with stability and control
- Maintain balance while coasting and pedaling
- Start and stop safely and consistently
- Steer and make controlled turns
- Recognize and correct common mistakes that impact balance and control
- Navigate basic riding environments such as paths or open spaces with awareness

Success looks like...

Being able to confidently ride a bicycle independently. This means starting, balancing, pedaling, turning, and stopping safely, while feeling comfortable and in control.



Introducing the Bicycle

Getting Comfortable with the Bicycle

Before riding, it's important to feel comfortable and in control of the bicycle. This first step focuses on understanding the bike, setting it up correctly, and building confidence while stationary. Let's start with the key parts of the bike.

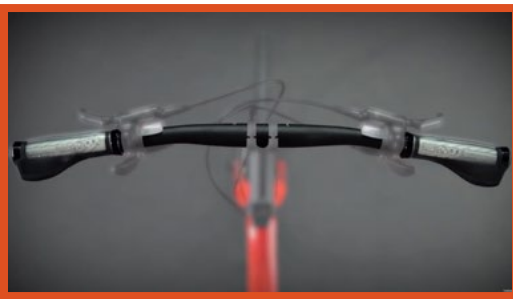


[Click this link to view](#) the video training content titled:
Parts of the Bike



In the spaces below, answer the questions based on information from the video.

Instructions: Describe each part of the bike. Then, indicate the parts purpose. The pictures are not in order, so be sure to check the next page.

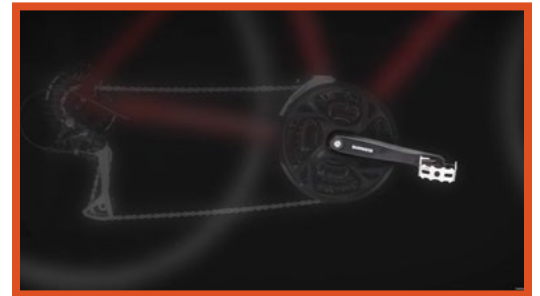


Name of Part: _____

Purpose: _____

Name of Part: _____

Purpose: _____



Name of Part: _____

Purpose: _____



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Introducing the Bicycle

Getting Comfortable with the Bicycle

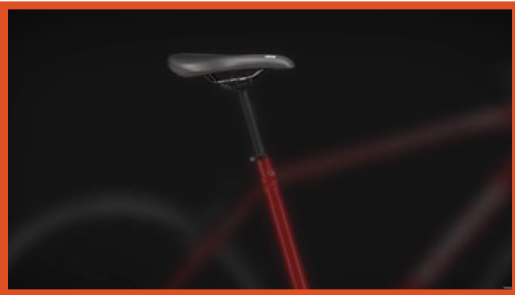


Name of Part: _____

Purpose: _____

Name of Part: _____

Purpose: _____

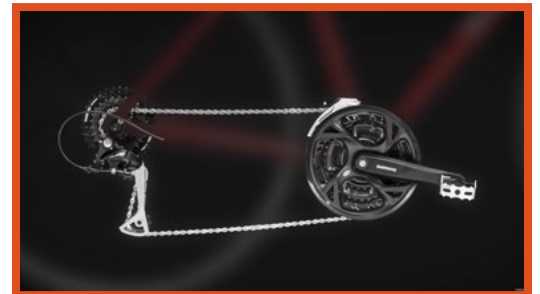


Name of Part: _____

Purpose: _____

Name of Part: _____

Purpose: _____



Practice: Familiarize yourself with your own bicycle by finding each of the parts above. Is your bike similar or different?



Safety & Preparation

Riding a bicycle safely starts before you ever begin moving. Taking a few simple precautions will help you feel more confident, stay in control, and reduce the risk of injury as you learn.



Click this link to view the e-learning training content titled: **Safety & Preparation**



In the spaces below, answer the questions based on information from the e-learning.

Instructions: Based on the content from the e-learning course, answer the questions below.

1

What are two things you should check on your bike before riding?

2

What type of environment is best for learning to ride a bicycle?

3

Why is it important to start slow when learning to ride?

4

What should you do if you lose balance while practicing?



Introducing the Bicycle

Pre-Ride Readiness Checklist

Before you begin riding, use this checklist to make sure you, your bike, and your environment are fully prepared for a safe and confident start.



Prepare: Once you have your bike and know where your practice area will be, review each item below and check it off once it is complete. If any items are unchecked, take a moment to address them before moving on.

Equipment & Bike Check

I am wearing a properly fitted helmet

My shoes are secure and appropriate for riding

My clothing is comfortable and not too loose

My brakes engage properly when squeezed

My seat is secure and at a comfortable height

My tires feel firm and properly inflated

My handlebars feel stable and aligned

Environment Check

I am in a flat, open area with plenty of space

The surface is smooth and free of obstacles

I am away from traffic, crowds, & distractions

I have clear visibility of my surroundings

Mindset Check

I am prepared to take this one step at a time

I know that mistakes are part of the process

I am focused on control, not speed

I feel calm, patient, and ready to practice

Knowledge Check

I can identify the brakes, pedals, seat, and handlebars

I can understand how to use the brakes to stop safely

I know what a safe practice environment looks like

I know how and who to contact in case of an emergency

Ready to Begin

If you checked all of the items above, you're ready to start practicing.

Take a deep breath and let's begin with your first step, getting comfortable on the bike.



Finding Your Balance

Before learning to pedal, it's important to feel comfortable balancing on the bike. This step helps you build control and confidence without worrying about speed or coordination.

Instructions: Read through the balancing job aid below to learn more about balancing your bike.

Why Balance Comes First

Balancing is the foundation of riding a bicycle. It helps you stay upright and in control. It also makes starting and stopping easier. Learning to balance first is essential, as it will allow you to better focus on one skill as a time moving forward.

How to Balance



1
Sit with both feet on the ground

Get comfortable and steady before pushing off.



2
Push off gently with your feet

Give a small push to start rolling forward.



3
Lift your feet slightly and let the bike roll

Hold your balance and glide forward.



4
Place your feet back down to stop.

Lower your feet to the ground to stop safely and reset.

Familiarize yourself with the steps above. Then, **prepare to use this job aid during practice on the next page** in order to hone in your skills.



Practicing Balance

Let's practice the skills we've just learned in an activity. This activity will focus on the balancing skill.

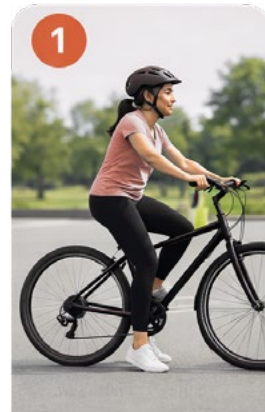


Practice: Follow the steps below at your own pace. Repeat each step as needed until you feel comfortable checking each box.

Step 1: Get Set

- Sit on the bike with both feet flat on the ground
- Hold the handlebars steady
- Look straight ahead

I feel stable and comfortable sitting on the bike



Step 2: Push and Glide

- Gently push off with your feet
- Let the bike roll forward briefly

I can glide forward for 1-2 seconds



Step 3: Lift Your Feet

- As you glide, lift your feet slightly off the ground
- Try to maintain balance

I can lift my feet while gliding

Step 4: Controlled Stop

- Lower your feet back to the ground
- Come to a smooth, controlled stop

I can stop safely and reset

Next, let's practice balancing while we add the brakes.



Adding Braking

Now that you can glide and balance, begin adding gentle braking to maintain control while moving.



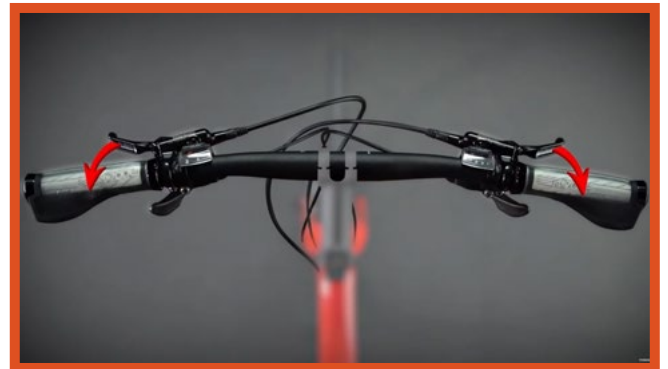
Practice: Follow the steps below at your own pace. Repeat each step as needed until you feel comfortable checking each box.

Step 1: Glide Forward

- Push off and glide as before
- I can maintain balance while gliding

Step 2: Apply the Brakes

- Gently squeeze the brakes while moving
- Avoid sudden or hard braking
- I can apply the brakes smoothly while in motion



Step 3: Slow Down Gradually

- Let the bike come to a controlled stop
- I can slow down in a controlled manner

Step 4: Reset and Repeat

- Place feet down and restart
- I can stop safely and reset

Nice job! Feel free to repeat this activity as many times as needed, until comfortable.



Adding Pedaling

Now that you're comfortable balancing, the next step is learning how to pedal. Pedaling allows you to maintain movement and stay balanced for longer periods of time.

Instructions: Read through the pedaling job aid below to learn more about pedaling your bike.

Build on What You Know

You've already practiced gliding. Pedaling simply adds gentle, consistent movement. You'll still start with a glide, whenever possible. Then, you'll focus on a smooth and steady pedaling motion while keeping your body relaxed and balanced.

How to Start Pedaling

1


Get Balanced

Starts from a stable, balanced position before pedaling.

2


Push off to Ready Position

Place one foot on the pedal in a forward, ready position.

3


Begin Pedaling

Push down on the pedal one foot at a time.

4


Pedal Smoothly

Maintain a smooth, controlled pedaling motion.

Familiarize yourself with the steps above. Then, **prepare to use this job aid during practice on the next page** in order to hone in your skills.



Practicing Pedaling

Let's practice the skills we've just learned in an activity. This activity will focus on the Pedaling skill.

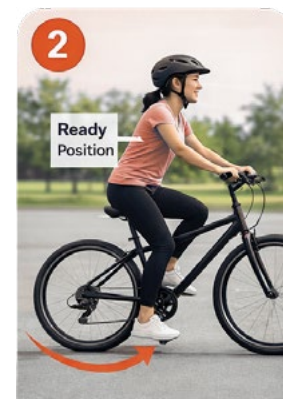
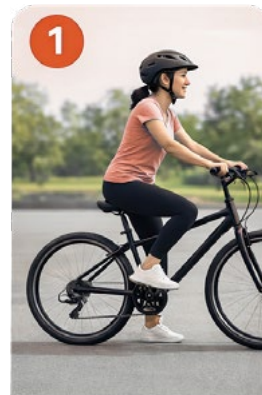


Practice: Follow the steps below at your own pace. Repeat each step as needed until you feel comfortable checking each box.

Step 1: Get Balanced

- Start from a stable position or a gentle glide
- Keep your eyes forward and hands steady

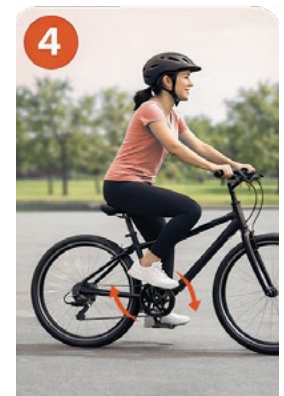
My starting position feels balanced and in control



Step 2: Push Off to Ready Position

- Place one foot on the pedal slightly forward and up
- Keep the other foot on the ground for stability

I can push off and achieve ready position



Step 3: Begin Pedaling

- Push down gently on the pedal
- Bring your other foot onto the opposite pedal

I can push down and pedal with both feet

Step 4: Pedal Smoothly

- Pedal in a smooth, circular motion
- Focus on steady, controlled movement

I can pedal smoothly for 3-5 seconds

Nice job! Feel free to repeat this activity as many times as needed, until comfortable.



Adding Turns

Now that you can pedal smoothly, begin adding gentle turns to control your direction.



Practice: Follow the steps below at your own pace. Repeat each step as needed until you feel comfortable checking each box.

Step 1: Pedal Forward

- Begin pedaling in a straight line
- I can maintain a steady forward movement

Step 2: Initiate a Turn

- Gently turn the handlebars
 - Keep movements small and controlled
- I can initiate a smooth and controlled turn



Step 3: Begin Pedaling

- Turn your head and eyes in the direction of the turn
- I can look in the direction I'm turning

Step 4: Complete the Turn

- Continue pedaling through the turn
- Return to a straight path

I can maintain control while making a full turn

Nice job! Feel free to repeat this activity as many times as needed, until comfortable.



Final Preparation

Road Awareness

Riding a bicycle safely starts before you ever begin moving. Taking a few simple precautions will help you feel more confident, stay in control, and reduce the risk of injury as you learn.



[Click this link to view](#) the e-learning training content titled: **Road Awareness**



In the spaces below, answer the questions based on information from the e-learning.

Instructions: Based on the content from the e-learning course, answer the questions below.

1 What are two things you should actively look for while riding to stay aware of your surroundings?

2 How should you position yourself on the road to remain visible and predictable?

3 What is one way you can communicate your intentions to others while riding?

4 How should you adjust your riding when others around you behave unpredictably?



Common Mistakes

Even small mistakes can make riding more difficult or less safe. In this section, you'll review a short video covering common setup issues and how to avoid them so you can ride more comfortably and confidently.



[Click this link to view](#) the video training content titled:
Common Mistakes



In the spaces below, answer the questions based on information from the video.

Instructions: Based on the content from the video content, answer the questions below.

1

What is one factor that can affect how comfortable and efficient your bike feels while riding?

2

Why is proper tire pressure important when learning to ride?

3

What type of clothing or gear can improve safety and visibility?

4

What basic items should you have available in case your bike needs adjustment or repair?



Final Riding Assessment

This assessment is designed to help you apply the skills you've learned and measure your progress. Each task reflects a key part of riding safely and confidently. Complete each task at your own pace, starting with the base level and progressing to the advanced level when you feel ready. Focus on control, consistency, and awareness as you ride.



Assessment: Review each task and complete it in a safe, open environment. Start with the base version, then attempt the advanced version for additional points. Check off each task as you complete it, total your score, and compare it to the grading scale on the next page.

1 point Mount and start riding from a stable position x2 BONUS Start smoothly and without hesitation	2 points Glide forward while maintaining balance x2 BONUS Glide for 10 seconds with full control	2 points Pedal forward while maintaining balance x2 BONUS Pedal for 15 seconds with a smooth, steady rhythm
1 points Slow down and come to a stop x2 BONUS Stop smoothly while turning, without abrupt movement	3 points Ride in a straight line x2 BONUS Maintain a straight line for 100 yards (approximately 1 football field)	2 points Make a gentle turn x2 BONUS Complete a smooth turn while maintaining speed and control
1 points Identify surroundings while riding x2 BONUS Identify 8 potential hazards on any given road	2 points Ride in a visible and safe position x2 BONUS Maintain the same, steady distance from another rider for 1 minute	3 point Respond to a change (pedestrian, obstacle, etc.) x2 BONUS Adjust smoothly and predictably while maintaining control
Total Points: / 34		

Continued on next page...



Final Preparation

Final Riding Assessment



Assessment: Match your total score to the scale below to see your current level. Use this as a guide to understand your progress and where to focus as you continue practicing.

Grading Scale:

30-34 Points - Excellent

Demonstrates strong control, confidence, and consistency across all riding skills.

24-29 Points - Proficient

Shows solid understanding and control, with minor areas for improvement.

18-23 Points - Developing

Building key skills, but would benefit from additional practice and consistency.

0-17 Points - Just Getting Started

Early in the learning process. Continue practicing foundational skills to build confidence and control.

Congratulations!

You've built the core skills needed to ride a bicycle safely and confidently. From preparation and awareness to balance, pedaling, and control, each step has helped you develop a strong foundation for riding in real-world environments. Continue practicing, build on your progress, and focus on control and consistency. Your confidence will continue to grow with time and practice!

