Assessing riders during Bikeability training

When you are delivering training, you are continually assessing a rider’s performance and giving feedback. This is called **formative assessment**. Immediate feedback can be provided during specific activities using the instructing points listed in the [**Activity Templates**](https://www.bikeability.org.uk/for-instructors/activity-templates/)**.**

If you need to record your formative assessment, you may use the instructor app (pilot autumn 2023) or the relevant [**rider progression tracker**](https://drive.google.com/drive/folders/1Y41Mbd49Op6K2kiynPwpTVHVpZ4vg09n)for the Bikeability module you are teaching.You do not have to record progress, but it is helpful if the course is long in duration, shared between multiple instructors or if you have a bad memory!

The [**rider progression trackers**](https://drive.google.com/drive/folders/1Y41Mbd49Op6K2kiynPwpTVHVpZ4vg09n)use*National Standard Units and Elements* as the assessment criteria. For each criterion you must indicate rider ability using the following terms:

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| On my own | The rider has practically demonstrated the relevant skills (that is, the ‘I can’ statements) from the unit or element listed in the National Standard for Cycle Training, and has done so confidently, consistently and competently. |
| With practice | The rider has practically demonstrated the relevant skills (that is, the ‘I can’ statements) from the unit or element listed in the National Standard for Cycle Training, and has done so without consistency or confidence. They do not complete the activity correctly each time, and need encouragement. |
| With assistance | The rider either:    Requires physical assistance – the presence of a buddy rider or external support to demonstrate the skill. For example, a rider who is partially sighted and needs a pilot (either on the same cycle or different cycles). Or:    The rider is not able to demonstrate the relevant skills (that is, the ‘I can’ statements) from the unit or element listed in the National Standard for Cycle Training competently and needs to be coached or taught by another competent rider. |
| Not seen | The rider has not had opportunity to demonstrate this. |

The following table provides a description of competent, confident and consistent.

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| --- | --- |
| Competent | The rider can do the activity well, and makes the right decisions. Showing all the relevant 'instructing points' from the Activity Template. |
| Consistent | The rider does this well on most occasions. |
| Confident | The rider does this with no encouragement or support needed. |

The table below shows the National Standard assessment criteria for each activity that is taught for each Bikeability module.

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| **Bikeability Balance** | |
| **National Standard Role, Unit or Element** | **Activity** |
| Element 2.1.1 Set off | Pushing your cycle and balancing;  Getting on and off your cycle |
| Element 2.1.2 Slow down and stop | Pushing your cycle and balancing;  Getting on and off your cycle |
| Element 2.2.1 Glide | Pushing your cycle and balancing |
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| **Bikeability Learn to Ride** | |
| **National Standard Role, Unit or Element** | **Activity** |
| Unit 1.1 Prepare myself for a journey | Preparing for cycling |
| Element 1.2.1 Check the cycle is ready for a journey | Preparing for cycling |
| Element 2.1.1 Set off | Getting on and off your cycle;  Starting, stopping and controlling your cycle |
| Element 2.1.2 Slow down and stop | Getting on and off your cycle;  Starting, stopping and controlling your cycle |
| Element 2.2.2 Pedal | Starting, stopping and controlling your cycle |
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| **Bikeability Level 1** | |
| **National Standard Role, Unit or Element** | **Activity** |
| Unit 1.1 Prepare myself for a journey | Preparing for cycling |
| Element 1.2.1 Check the cycle is ready for a journey | Preparing for cycling |
| Unit 2.1 Set off and stop the cycle | Starting, stopping and controlling your cycle; Stopping quickly and managing hazards |
| Element 2.2.2 Pedal | Using gears; Looking behind, riding with one hand and signalling; Sharing space off road with pedestrians and other riders |
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| **Bikeability Level 2** | |
| **National Standard Role, Unit or Element** | **Activity** |
| Element 4.2.1: Identify and respond to hazards | Starting and finishing an on-road journey (including doing a U-turn)  Cycling in suitable riding positions and passing parked vehicles  Passing minor roads and crossroads  Turning left into a minor road and right into a major road  Turning right into a minor road and left into a major road  Using roundabouts  Riding with other riders |
| Element 3.1.1: Maintain a suitable riding position |
| Unit 3.2: Comply with signals, signs and road markings |
| Element 4.1.1: Communicate with other road users |
| Element 3.1.2: Negotiate road junctions |
| Element 4.2.2: Ride assertively |
| Element 4.1.2: Cooperate with and respect other  road users |
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| **Bikeability Level 3** | |
| **National Standard Role, Unit or Element** | **Activity** |
| Unit 1.3 Plan a journey | Preparing for and planning a journey |
| Element 4.2.1: Identify and respond to hazards | Riding in more complex environments  Using roundabouts  Riding with other riders  Using traffic lights and passing queuing traffic  Using cycling infrastructure  Using multi-lane roads  Using multi-lane roundabouts  Being aware of driver blind spots and sharing  bus lanes Riding on roads with a speed limit above 30mph |
| Element 3.1.1: Maintain a suitable riding position |
| Unit 3.2: Comply with signals, signs and road markings |
| Element 4.1.1: Communicate with other road users |
| Element 3.1.2: Negotiate road junctions |
| Element 4.2.2: Ride assertively |
| Element 4.1.2: Cooperate with and respect other road users |