



Introducing a Sustainable “Physical Education Bicycling Unit” to Students.

The Youth Educational Sports, Inc.’s **School Cycling Instructors (SCI)** will provide **Physical Education Teachers** the training and guidelines needed to teach and build cycling specific skills; while providing the necessary structure to develop a sustainable program. The curricula is age appropriate, and meets the National Standards and the Every Student Succeeds Act (ESSA). Help schools start a “Physical Education Bicycling Unit”

Youth Educational Sports, Inc. (YES) certifies experienced cycling coaches to become School Cycling Instructor (SCI) and to provide **Professional Development and Team Teaching** at schools. SCIs are:

- Found locally
- Experts in cycling safe methodology
- Experienced cycling experts in various disciplines: road, track, mountain, BMX, Tri and Cross
- Knowledgeable in school policies and protocol
- Certified in First Aid, CPR and AED
- Have current criminal/predator background screenings
- Tuberculosis Tested
- Trained and certified to teach the YES curricula: grades K-12

YES-School Cycling Instructors will provide:

- **Professional Development** for various grade levels of Physical Education Teachers
- Provides the essential training needed to create new opportunities for student athletes
- Expertise in establishing a School Cycling Team/Club to attend community events
- Additionally, introduce individual approach for novice rider and/or special needs students
- Suggests the type of school age appropriate bicycling equipment and at wholesale prices
- Knowledge and expertise in how to maintain school appropriate bicycling equipment

The SCI have a minimum of 3 years previous cycling instruction experience and are certified from one or more of the 3 recognized national bicycling organizations: League of American Bicyclists-League Cycling Instructors, National Interscholastic Cycling Association - Coaches, & USA Cycling- Coaches.

Upon completion of Professional Development and teaching 2 semesters of YES Curricula, the Physical Education Teachers can become a YES certified School Cycling Instructor. Then SCI Teachers may provide the Professional Development at schools. The ultimate goal is for all Physical Education Teachers is to achieve YES-SCI Certification and hopefully start a School Cycling Club/Team.

School level – Age appropriate curricula - Professional Development Training – Length of Course:

Elementary: YES-KID Bike – Individual Skills, 4 hours (1 day course)

YES-Safety CITY – Virtual Streets, 4 hours (1 day course)

Intermediate: YES-BLAST Vol. 1 – Individual Skills, 4-6 hours (1-2 week course)

YES-BLAST Vol. 2 – Group Riding Skills, 6-8 hours (2-4 week course)

High School: YES-BIKE Vol. 1 - Skills and Drills, 2 days (4-6 week course)

YES-BIKE Vol. 2 - Skills, Drills and Competition 3-4 days (6-10 week course)

for all grade levels Team Teaching is available for the duration of the Physical Education Unit.

Contact YES: www.yesports.org or info@yesports.org to recommend a local School Cycling Instructor to provide Professional Development that is best suited for your school and cost for services. *Physical Education Departments upon request may receive a **FREE** copy of a YES curriculum, call: 818-292-0779*