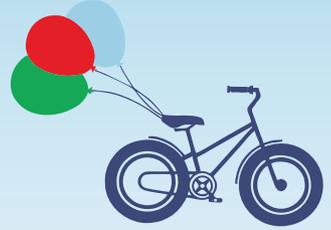




out of the blocks



MOTOR DEVELOPMENT THAT SUPPORTS THE PRACTICAL KNOWLEDGE OF CYCLING

STADIO

Our Out of the Blocks program was designed for toddlers from Group 5 to Grade 2 by Stadio's Faculty of Education.

PROFESSIONAL DEVELOPMENT POINTS FOR TEACHERS.

This short course has been approved by the South African Council for Educators (SACE). Teachers completing this course will receive 15 Continuous Professional Teacher Development (CPTD) points.



- ▲ Locomotive Skills
- ▲ Non-locomotive Skills
- ▲ Manipulative Skills
- ▲ Body Awareness
- ▲ Space Awareness
- ▲ Qualities of movement
- ▲ Relationships
- ▲ It must be fun
- ▲ Suitable Space
- ▲ Setup
- ▲ Gradually let go
- ▲ Brake Technique
- ▲ Objectives
- ▲ Outcomes

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Educational Value

The end purpose of this programme is to develop a positive attitude towards lifelong involvement in physical activity and cultivate concepts relating to all aspects of movement development for the young learner with a specific focus on the sport code of cycling.

The programme intends to develop an understanding of the importance of motor behaviours and how to facilitate quality movement and underpin the basic knowledge of motor development that supports the practical knowledge of cycling.

The principles of movement are explored, and the learner will be introduced to perceptual, spatial and locomotor skills as well as the development of rhythm, balance and how they support the development of cycling.

The learner will be supported in safe indoor and outdoor environments and experience fun movement activities and cycling opportunities.

"There is substantial evidence that children should be encouraged to try out new movement behaviours and skills until they achieve satisfaction in their accomplishments (National Research Council. Transforming the Workforce for Children Birth Through Age 8: A Unifying Foundation, 2015).

Movement is the primary means through which the child learns about their body and its capabilities, others, and the world around them.

Supported by a neuroscientific perspective, it is recognised that the body is a child's primary tool for learning. Through movement the child builds muscle memory, conceptual maps and cognitive functions, and a myriad of language, social, and emotional skills. These serve as necessary and important prerequisite knowledge and skills for preparation for formal school, life and lifelong learning.

Early movement experiences should therefore enable every child to take full advantage of learning experiences and to perform activities of daily living. This is an imperative to promote and support the optimal learning and holistic development of every child.

Taking the above into account, the STADIO School of Education collaborated with CYCLE 2 RIDE to

- teach and train in-service teachers new movement behaviours and skills like cycling to facilitate the above.
- introduce young learners to their first cycling experience and instil a love for cycling."

"Out of the Blocks Cup" Competition

The "Out of the Blocks Cup" (OTBC) cycling events provide an opportunity for toddlers to ride their balance bikes and pedal bikes in a safe environment, gently introducing them to the world of competition. It also provides a platform and opportunity for the toddlers to improve their skills and physical development.

During the year, regional events will be hosted at schools where the "Out of the Blocks" academic program is presented.

Representing the School

Riders who participate in the events earn points for their pre-school. Points are awarded for both participation and position. At the end of the season, the school with the most points will be awarded the "Out of the Blocks Cup" trophy and the title of Regional Champion School.

Individual recognition

Each year the rider with the most points will be recognised as the champion for his/her age group.

Age Categories

Boys and girls compete separately. The age of the rider, as at 31 December of the particular year, will be the age used to determine the category of competition.

The age categories for the competition are as follows:

Age Category	Gender	Format
3 Years	Girls	Balance Bike
4 Years	Girls	Balance Bike
5 Years	Girls	Balance Bike
5 Years	Girls	Pedal Bike
6 Years	Girls	Pedal Bike
3 Years	Boys	Balance Bike
4 Years	Boys	Balance Bike
5 Years	Boys	Balance Bike
5 Years	Boys	Pedal Bike
6 Years	Boys	Pedal Bike

Registration and Entry fee

Parents can register riders online by following the instructions on www.Cycle2Ride.co.za/home/events. This is also the website where parents can enter the riders for the specific events. Entry fees will be applicable for the races. For more information or enquiries, please email us at info@cycle2ride.co.za.

