



HopOn is a games-based cycling program that teaches school aged kids across Canada the joy of cycling-safely 😊





Inspired by the hugely successful iRide program developed in BC, Cycling Canada's new national grassroots cycling program, HopOn, aims to positively impact 300,000 Canadian kids in the next 6 years.

Overseen by Cycling Canada and delivered by your Provincial or Territorial cycling association, HopOn offers both in-school or community programs.





To further support parents and children interested in cycling during Covid-19, Cycling Canada is happy to share our interim “Home-Edition” program.



These resources include activities and games children can complete and play near home, As well as teaching tips for parents helping their child build confidence on their balance bikes and/or learn to pedal on their own, inspired by British Cycling’s “Ready Set Ride” program.



	Ready Set Ride			HopOn		NCCP
	Prepare 2 Balance	Learn 2 Balance	Learn 2 Ride	School	Community	Club
Age range	<4 years old	<6 years old	<8 years old	<10 years old	<12 years old	<16 years old
Physical Literacy	"I can run and walk. I am excited about my 1 st balance bike"	"I am learning to ride my balance bike"	"I am learning to ride my pedal bike"	Beginner to intermediate skills on a grass field	Intermediate skills on a trail (dirt/paved)	Advanced skills on trails and/or roads
Support	Parent	Parent	Parent	Certified Instructor	Certified Instructor	Certified Coach
Setting	At Home (6 activities)	At Home (8 activities)	At Home (8 activities)	In-School (3 sessions)	Community (3-6 sessions)	Registered Club (3-10 sessions)
Type of Bike	Balance Bike	Balance Bike	Pedal Bike	Pedal Bike	Mountain Bike	BMX, Cyclocross, Mountain Bike, Velodrome, or Road



Home Edition

*Looking for fun ways to keep your family active?
Try our HopOn Canada Program: Home Edition! (Part 1)*

These descriptive and easy-to-follow activities are designed for new cyclists practicing their skills in and around their home.

Participant Type	Warmup	Activity	Cool-Down
<p>“I am learning to ride my balance bike” (<6 yrs. old)</p>	<p><u>Animal Walks</u></p> <p>Walk around your room, mimicking the style of various animals.</p> <p>Start with 5 different animals for 30 second each but do as many as you like!</p> <p>Here are some ideas to get you started:</p> <ul style="list-style-type: none">• Bear• Crab• Elephant• Frog• Horse• Spider	<p><u>Clean Up Race</u></p> <p>Spread a bunch of easily grabbed objects around the perimeter of a room or park. Stand in the center with a basket beside you.</p> <p>On the count of “3”, use your balance bike to zoom around the area collecting items and bring them back to the basket. You can only pick up ONE item at a time.</p> <p><u>Modification:</u> Pick up items by order of their colour OR by their location in the room.</p>	<p><u>Stretch Fest</u></p> <p>Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p>Pick your favourites or follow this video (click here).</p>



Participant Type	Warmup	Activity	Cool-Down
<p style="text-align: center;">“I am learning to ride my pedal bike” (<8 yrs. old)</p>	<p><u>Safety Check:</u></p> <p>Helmet:</p> <ul style="list-style-type: none"> • 2 Fingers under chin • 2 Fingers over eyebrows • V-Straps/Fingers under ears <p>Bike:</p> <ul style="list-style-type: none"> • Air – tires feel like an Apple, Orange or Banana? • Brakes – squeeze & rock bike • Chain – using my hands, do the pedal go backwards? 	<p><u>Pedal and Glide</u></p> <ul style="list-style-type: none"> • Mark a ‘glide start’ point. • Ride towards the ‘glide start line’ • On reaching it, lift feet from the pedals and glide as far as possible. • Repeat, aiming to increase distance each time. 	<p><u>Stretch Fest</u></p> <p>Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p>Pick your favourites or follow this video (click here).</p>
<p style="text-align: center;">“I ride my bike to school or on beginner trails (dirt/paved)” (+8 yrs. old)</p>	<p><u>Dynamic Drills:</u></p> <p>Do the below exercises in an open area for 15 – 30 seconds each:</p> <ul style="list-style-type: none"> • March • Bum Kicks • High Kicks • Skips • High Knees 	<p><u>Indy 500</u></p> <p>Time how fast you can bike from Point A to Point B.</p> <p>Now add 2 extra challenges (for example: a stop’n go, and a wheel lift. Repeat the course up to 10 times.</p> <p>On your final run, remove the extras and see if you can be as fast as Lap 1!</p>	<p><u>Stretch Fest</u></p> <p>Do some easy stretches for 3-5 minutes. Hold each position for 30 seconds.</p> <p>Pick your favourites or follow this video (click here).</p>



To learn more about Cycling Canada's HopOn program,
And how you can help, please visit:

Hoponcanada.ca

Stay tuned for more updates soon. Happy Trails!

