

Project 1 (Part 1): Bike familiarisation

Learning intentions

We are learning to:

- Check a bike is ready for riding
- Identify and fix problems that causes a bike to be unsafe
- Correctly fit a helmet

Success criteria

- I can perform the ABC Tight Safety Check
- I can correctly fit a bike helmet

Australian Curriculum links

- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)
 - proposing and implementing actions and protective behaviours that promote safe participation in physical activities
- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)

Equipment and preparation

- Bike and helmet for demonstration
- *ABC Tight Bike Safety Check List* and *Parts of a Bike* posters
- Bikes



Note

Teacher should create problems for students to identify, ie loosen parts or deflate tyres for students to find and fix

- Helmets



Note

Teacher may choose to have an unsafe helmet for demonstration.

Tuning in

Explain to students that in this lesson we will look at the importance of checking a bike is safe for use before you begin riding.

We will also teach you how to correctly fit a helmet.

Ask students to complete Quick Quiz 3 via the online portal and watch the video Bike Safety Check List.

Skill development

Teacher demonstration of:

- The ABC Tight Bike Safety Check
- Helmet fitting 'The Three 2s'

(use *ABC Tight Bike Safety Check List* and *Parts of a Bike* posters provided)

Activity 1 ABC Tight Bike Safety Check

1. Arrange students in groups of 3 or 4.
2. Each group collects a bike and helmets.
3. Groups work through the ABC Tight Bike Safety Check List and attempt to fix problems (teacher assistance may be required).
4. Groups ask teacher to check their bike for riding readiness once safety check is completed. You may choose to swap bikes between groups to peer assess.

Activity 2 Helmet fitting

1. Teacher demonstrates checking a helmet for damage and correct fitting.
2. In pairs students use the 'Three 2s' to fit their helmets.

Reflection

Review points from the bike safety check and helmet fitting.

Discuss any issues that came up during lesson.

Ask students:

- What type of problems did you find?
- What could have happened if you didn't find the problem with your bike?
- How did you fix the problem?
- Exit pass: Before you move one, ask students to recall steps of the bike safety check. This can be done verbally or use the *Bike and Helmet Safety Check Student Worksheet* available to download from the portal.



Project 1 (Part 2): Bike maintenance

i Learning intentions

We are learning to:

- Put a bike chain back on
- Lubricate a bike chain

✓ Success criteria

- I can put a bike chain back on
- I can lubricate a bike chain

📄 Australian Curriculum links

- Practise specialised movement skills and apply them in different movement situations (ACPMP061)
- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)

Equipment and preparation

Available in bike hire package:

- Demonstration bike
- Bike maintenance kits

Tuning in

Explain to students that in this lesson you will learn some basic bike maintenance techniques. This will supplement the ABC Tight Bike Safety Check that you do at the beginning of each lesson to ensure your bike is roadworthy. In this lesson we will be working on the spare tyres, not your own or hire bikes.

Students should logon to the online portal and complete Quick Quiz 5 at the start of the lesson.

Watch the following Bike Maintenance How-to videos:

- How to wash your bike
- How to put a bike chain back on
- How to change a flat tyre (if time permits - students will not practice this in the lesson)

Conduct a review of the Bike Maintenance instructions.

Skill development

Teacher demonstration of:

- How to put a bike chain back on
- How to lubricate a bike chain

Activity 1 Bike maintenance skills

1. In pairs have students practice putting the chain back on the demonstration bike and lubricating the chain.

Reflection

Discuss the main techniques to lubricate and put back on a chain.

Ask students:

- To log back on to the online portal and tick off the skills they have practised and complete Quick Quiz 2 to finish Project 1.