

Bike Maintenance

Kindergarten - First Grade

Objective: Understand why it is important to keep your bicycle in working order. Know your bicycle's main parts and learn how to take care of it so you can ride safely.

Road World Championships: The job of a professional bike mechanic is to keep bikes on the course. This means he/she has to know how to change tires, put on bike chains, fix brakes and get their riders back on course as fast as possible!

Bike Maintenance List

- ★ Tires: Soft tires can make it harder to ride your bicycle. You could lose your balance or bend your tire rim if you hit a curb. Before you ride, squeeze each tire to make sure it is firm. If a tire is not firm, ask an adult to inflate it until it feels solid.
- ★ Brakes: Test your brakes before each ride to make sure your bicycle can come to a complete stop.
- ★ Bike Chain: Brush out the links of your chain with an old toothbrush. Wipe down the chain with a clean, dry rag.
- ★ Clean Bike: After you are done riding your bicycle, wipe it down with a clean, wet rag. Now it is all ready for your next ride!



Activity Plan

Materials: crayons or markers, Know Your Bike Activity Sheet

1. Let's talk about bicycles. How do you take care of a bicycle? How does your bicycle take care of you? What does it mean to be responsible for your bicycle? What other things should you take good care of? How is brushing your bicycle chain like brushing your teeth?
2. Wear your bicycle helmet! It will keep your head safe and keep everyone happy!
3. On the back of the Know Your Bike Activity Sheet, draw a picture of your bicycle. Does it have all the same parts that Mike and Lucille's bikes have?
4. It is hard for cars to see you at night. It is best not to ride your bike when the sun is going down and in the dark. Why do you think cars cannot see you?



Activity:

Handlebars, seat, and pedals are considered the “3 touch points” on a bicycle. This means that when properly riding a bike these are the only 3 areas that riders should have contact with. Have your child locate each of these 3 areas and write down the number that matches it on the blank line on the Know Your Bike Activity Sheet. Also, have your child print the full name of each part next to the number. On the back of the activity sheet, ask your child to draw his/her own bike and label each of the “3 touch points.”

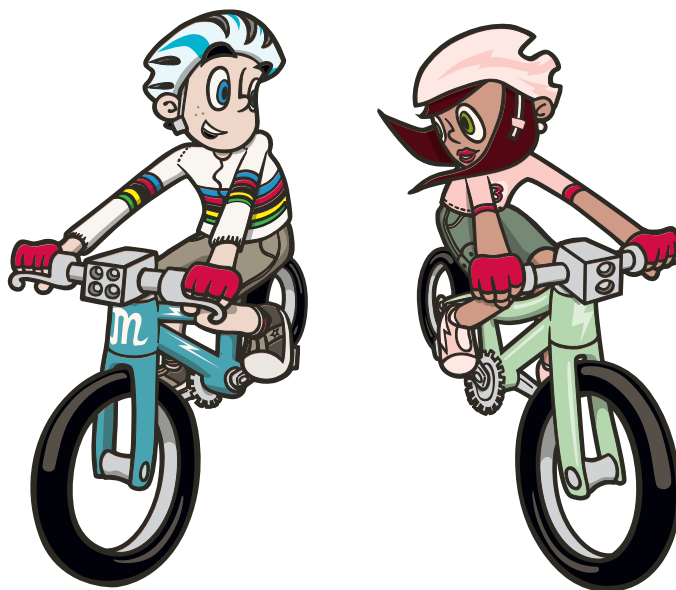
Bike Maintenance Tip 1: Use clean water to wash down your bike after your ride.

Bike Maintenance Tip 2: Use a bike pump to fill your tires with air.

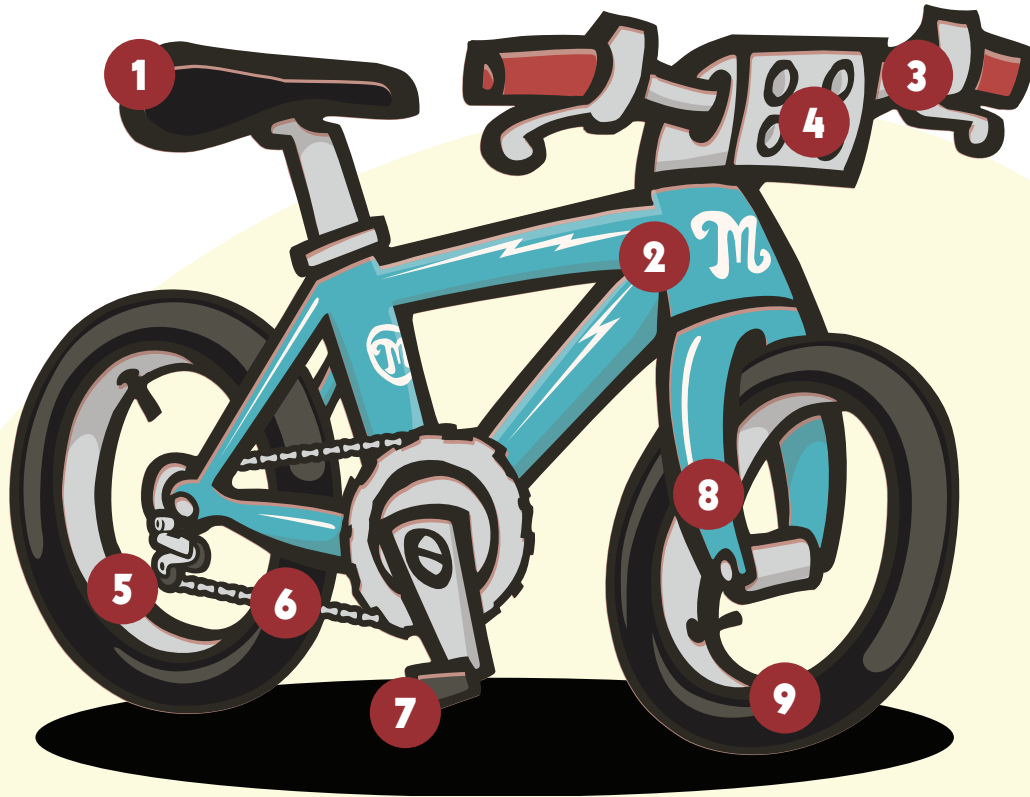
Bike Maintenance Tip 3: Keep your bike reflectors tight and clean on both tires, your seat post, and on your handlebars.

What Did We Learn?

- We learned how to take care of a bicycle and that it is important to be responsible. We should take care of all our possessions and ourselves.
- We learned never to ride a bike without wearing a helmet.
- We learned what the three touch points are on a bicycle.



Know Your Bike



Handlebars ____

Pedal ____

Seat ____

Put the number next to the word that matches the name of that part on the bike.