

Bike Maintenance

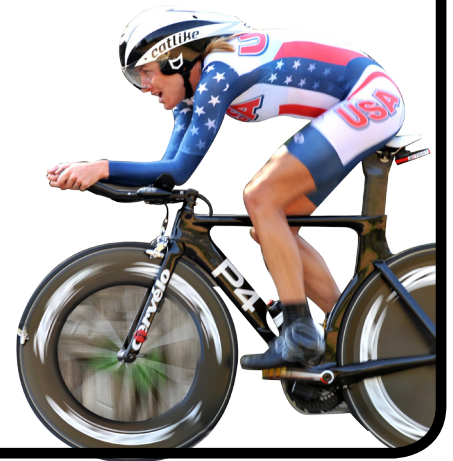
Second - Third Grade

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.
- ★ Keep it Clean: 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 bikes! Do you have a bicycle? How do you take care of it? Where is your bicycle when you are not riding it? How can you be responsible for your bicycle and your other personal things? How is taking care of your bicycle like taking care of yourself?
2. Always wear a helmet when you ride your bicycle! It will keep your head safe and everyone happy!
3. Go on a fun bicycle ride with a friend. If your friend's bicycle broke, would you be able to fix it? How would you help? How could you cheer up your friend if her bicycle was broken?
4. It is important to wear a helmet when you ride your bike. When you wear a bike helmet you are following the bike law, but you are also taking care of yourself.
5. It is hard for cars to see you and your bicycle at night. It is best not to ride after the sun goes down. If you do ride in the dark, wear bright colors and make sure you have reflective tape and lights on your bike. What happens when headlights shine on reflectors and reflective tape?



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 the rider should have contact with. Have your child highlight each of these 3 parts with a different color pencil or marker. Write down the number that matches all the parts on the blank line below each part name on the Know Your Bike Activity Sheet. On the back of the activity sheet, ask your child to draw his/her own bike and include all the bike parts shown on Mike’s bike. Have your child highlight each of the “3 touch points” on the drawing of his/her bike.

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.

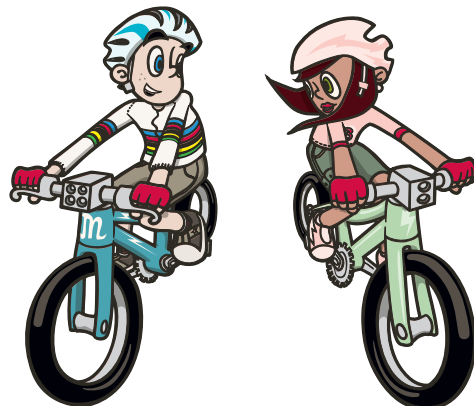
Bike Maintenance Tip 3: Keep your bike reflectors tight and clean on both tires, your seat post, and on your handlebars.

How to Super Clean Your Bike:

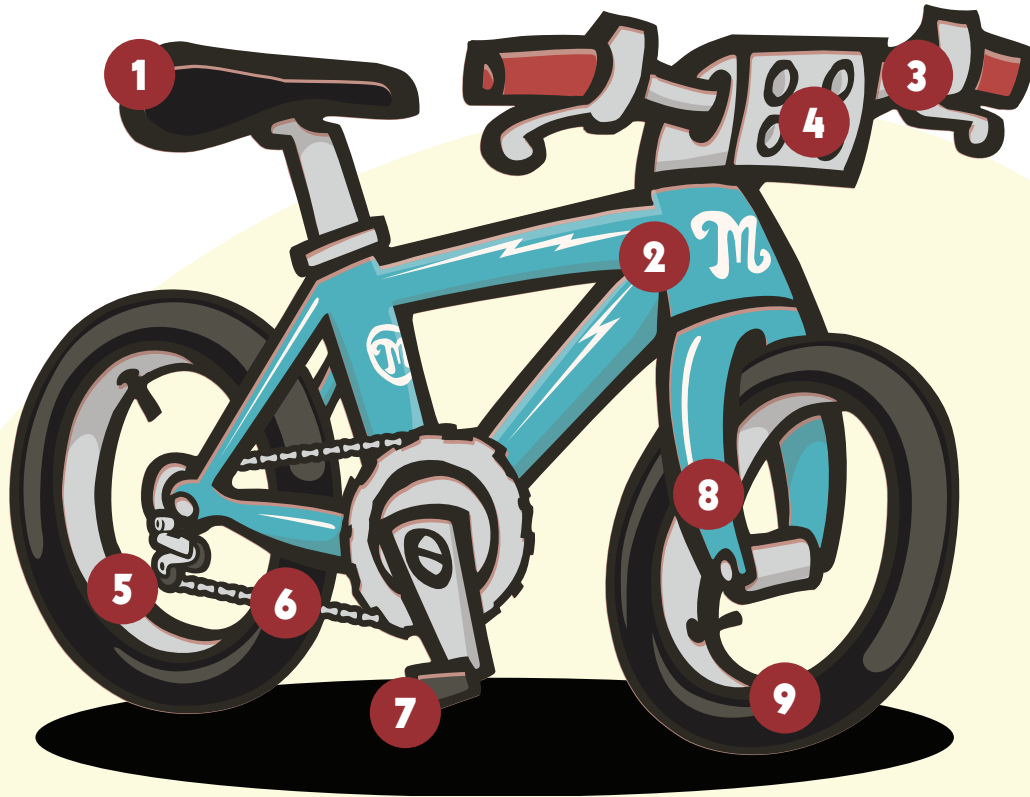
1. Rinse your bicycle with water from a garden hose or bucket to loosen the dirt.
2. Drop a little bit of dish soap into a bucket of clean, warm water. Swish a clean rag around in the water. Use the rag to wipe the bicycle frame and wheels. Go from top to bottom. Use a scrub pad or old toothbrush to clean the rims.
3. Rinse your bicycle with clean water from a bucket or hose.
4. Bounce your bicycle on the ground to shake off the water. Use a clean, dry rag to wipe down the bicycle.
5. Use a paper towel to wipe your chain with oil from a bicycle shop. In a pinch, you can use a little bit of vegetable oil. Wipe off the chain one last time with a clean, dry paper towel.

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. Never ride a bike without wearing a helmet. We learned what the three touch points are on a bicycle. We learned being a good friend means being helpful. We learned how to super clean a bicycle.



Know Your Bike



Saddle ____

Frame ____

Chain ____

Pedal ____

Handlebars ____

Reflectors ____

Wheel Fork ____

Tire, Spoke, Wheel ____

Rear Derailleur ____

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