



30MINS



CHECKLIST (BELOW), BIKE PUMP, ALLEN KEY, BIKE OIL.

## ACTIVITY

**Aim:** Pupils and parents aim to check over their bicycles together to ensure they are safe and working well.

**Instructions:** Use the checklist below to investigate the various parts of your bicycle. If you find any problems you might be able to fix them yourself E.g. Pumping tyres, oiling the chain etc. More specialist repairs should be taken to a local bike mechanic, once it is safe to do so.

**Certificate:** Parents can award pupils a 'Junior Bike Doctor' certificate when complete! Feel free to share your photos to our social media profiles!



Bike Part	✓	Details
Brakes		Do your brakes stop your bike well? Look at the brake blocks, are they worn? Are the brake levers tight and level?
Wheels & Tyres		Check tyres are pumped up and feeling firm. Is the tyre tread on both wheels in good condition or worn?
Steering		Handlebars should be straight. Does the front tyre line up in the middle when you look down?
Saddle & Seatpost		Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.
Pedals & Chain		Spin your pedals, do they move smoothly? Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.
Frame		Check over the frame for damage, dents and rust. It's important to keep your bike clean and dry after use to keep it in tip-top condition!
Other		

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NISchools](http://www.sustrans.org.uk/NISchools)

# JUNIOR 'BIKE DOCTOR'



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**COMPLETED A BIKE CHECK-UP!**

**SCHOOL -** \_\_\_\_\_

**DATE -** \_\_\_\_\_

