

ABC Bike Check

Eco-Schools Topic:

Transportation

Grade Level:

Grades 2-12

Standards:

N/A

Guiding Question:

How do I deal with a flat tire?

Key Questions, Attitudes and Behaviors to Teach:

- Draw a picture of a form of transportation that does not use fossil fuels (K)
- I want to ride my bike to school (A)
- I get driven to school without any other students in the car (always, often, sometimes, never) (B)

Lesson Objectives:

Students will...

- Learn about alternative modes of transportation in their community
- Learn how bikes work

Prep

- Talk with volunteers or coordinate with local bike shop to obtain bikes that students can practice on
- Brush up on bike skills, knowledge
- Print bike labels
- Review powerpoint

Materials:

- Laptops
- Phones with Google Maps app
- Bikes
- Helmet
- 2 melons
- Labels
- Bike pump

Engaging Intro

- Walk through the Biking is Better PowerPoint in small groups:
<https://docs.google.com/presentation/d/1Fba2lwxw-iEgUWjQhzyjtv0p3FRa-5ihqDKn8ilaXF4/edit?usp=sharing>

Exploratory Activity (40 minutes)

- Demonstrate helmet safety by dropping a melon with a helmet and a melon without a helmet
 - The naked melon will split while the helmeted melon will be safe
- Take kids outside, split into groups and have them do different activities with the bikes
 - ABC Check: Air pressure, brakes, chain
 - Label the parts of the bike

Meaningful Discussion

- What are benefits to riding your bike instead of driving?
- How could you incorporate biking into your everyday life?

Links and Resources

- Safe Routes to School- Sally Smallwood- sbsmallwood@fcps.edu
- Bike Safety: <https://icsw.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/>
- Melon Drop: https://www.youtube.com/watch?v=H82kj_1iybc



BRAKE PAD	TIRE
CHAIN	TIRE
HANDLEBAR	COG
HAND BRAKE	CRANK
PEDAL	SEAT POST
REFLECTOR	REFLECTOR
SEAT/ SADDLE	KICKSTAND