

# PROJECT 3: *Bike Maintenance*

## LEARNING INTENTIONS

### We are learning to:

- » Change a flat tyre
- » Put a bike chain back on
- » Lubricate a bike chain

## SUCCESS CRITERIA

- » I can change a flat tyre
- » I can put a bike chain back on
- » I can lubricate a bike chain

## AUSTRALIAN CURRICULUM LINKS

- » Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities (ACPPS077)
- » Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMPO80)
- » Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (ACPMPO83)
- » Evaluate and justify reason for decisions and choices of action when solving movement challenges (ACPMPO87)

## EQUIPMENT AND PREPARATION

Available in bike hire package:

- Demonstration bike
- Spare wheels
- 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 wheels, not your own or hire bikes.

Students should complete Quick Quiz 5 at the start of the lesson.

Watch the following Bike Maintenance How-to videos:

- » How to change a flat tyre
- » How to wash your bike
- » How to put a bike chain back on

Conduct a review of the Bike Maintenance instructions .

## SKILL DEVELOPMENT

### Teacher demonstration of:

- » How to change a flat tyre
- » How to put a bike chain back on
- » How to lubricate a bike chain

## ACTIVITY 1: BIKE MAINTENANCE SKILLS

In pairs have students practice changing a tyre on the spare wheels using the bike maintenance kits.

Whilst students are changing tyres on the spare wheels, have other students take turns on the demonstration bike to practice lubricating and putting the chain back on.

## REFLECTION

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

### ASK STUDENTS:

» To complete Quick Quiz 6

## EXTENSION ACTIVITIES

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If time permits, you may want to play some bike games available to download from the online portal.

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