Lesson Plan

Below is a lesson plan for teachers to use to teach their students about bicycle anatomy and proper bike fit for safe riding.

Section of Lesson Plan	Description
Activity Name	Know Your Bike: Bicycle Anatomy and Fit
Grade	Grades 5-8.
Time	25 - 30 minutes.
Summary	This lesson teaches students about the important parts of a bicycle and how a bicycle should properly fit the rider to ensure safe and comfortable cycling. Students will learn about the main components of the bike and how they work together. Students will also learn how to properly size and adjust a bicycle, including frame size, seat height, and handlebar position. After the presentation, students will complete one of two activities: the Bicycle Anatomy worksheet where students match bicycle parts to a diagram, or the Bike fit Quiz PowerPoint where students identify problems with bike fit and suggest solutions. These activities encourage critical thinking and help students build confidence in identifying safe bicycle setup and maintenance.
Curriculum Connections	Health and Physical Education Grade 5: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention Grade 6: A1.2 Stress management and coping, A1.6 Critical and creative thinking, B3.1 Injury safety Grade 7: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention Grade 8: A1.6 Critical and creative thinking, B3.1 Injury safety
Learning Goals	• Identify the main parts of a bicycle. • Explain the function of key bicycle components.

Know Your Bike: Bicycle Anatomy and Fit

	• Understand how proper bicycle fit improves safety and comfort. • Demonstrate knowledge of proper bike fitting (frame size, seat height, and handlebars). • Identify problems with improper bike fit and suggest solutions.
Materials Needed	• *Bicycle Anatomy and Fit* PowerPoint. • Bicycle Anatomy worksheets and answers sheets OR Bike Fit Quiz PowerPoint.
Instructions for Activity	• Before class, prepare and review the *Bicycle Anatomy and Bike Fit* PowerPoint presentation. • Print each student a Bicycle Anatomy worksheet and one answer sheet for yourself OR prepare the Bike Fit Quiz PowerPoint.
Setting the Stage	Begin with a discussion about bicycles and riding safety. Ask students: "What are some parts of a bicycle you already know?" "Why do you think it is important for a bike to fit your body properly?" Explain that knowing the parts of a bicycle and making sure it fits correctly can make riding safer and more comfortable.
Introduction of Activity	• Explain that bicycles have many parts that work together to help us ride safely. • Explain that a bicycle should also be adjusted to fit the rider properly. • Tell students they will learn about the parts of a bicycle and how to check if a bike fits them correctly.
Core Activity	The class will go through the Bicycle Anatomy and Bike Fit PowerPoint and follow up with one activity. 1. Present the PowerPoint to the class, explaining the parts of a bicycle and how to properly fit a bike to the rider (15 minutes). 2. Choose one of the following activities (5-10 minutes):

	Option 1: Bicycle Anatomy worksheet Students complete a worksheet where they match the names of bicycle parts to the correct location on a bicycle diagram. **Option 2: Bike Fit Quiz PowerPoint** Students view images of cyclists on their bikes and identify whether the bike fit is correct. Students then explain what the issue is and how it could be fixed.
Reflection and Discussion	After the activity, facilitate a short reflection with the class (5 minutes): • "What is one new part of a bicycle you learned today? • "Why is it important for a bike to fit properly?" • "What problems could happen if a bike does not fit the rider?"
Tips for Success	• Encourage students to participate during the PowerPoint presentation. • Ask students to explain their reasoning during the activities. • Use visuals and diagrams to help students understand bicycle parts. • Reinforce that proper bike fit and bike knowledge help prevent injuries.
Contact Information	For more information or any questions, contact us here: http://activesaferoutes.ca/contact-us/