

Lesson Plan

Below is a lesson plan for teachers to use to teach their students basic bicycle repair skills, including fixing a flat tire and putting a chain back onto the gear.

Section of Lesson Plan	Description
Activity Name	Flat Fix and Chain Tricks
Grade	Grades 5-8.
Time	25 - 30 minutes.
Summary	This lesson introduces students to two common bicycle problems: flat tires and chains that fall off the gears. Students will learn the basic steps involved in repairing a flat tire and safely placing a chain back onto a gear. A PowerPoint presentation will guide students through the tools needed, the difference between a tire and inner tube, and the steps involved in repairing a punctured tube. Students will also learn how to safely put a chain back on if it falls off while riding. The lesson concludes with a quick safety reminder using the ABC check (Air, Brakes, Chain) to ensure the bike is safe before riding again.
Curriculum Connections	Health and Physical Education Grade 5: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention Grade 6: A1.6 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	<ul style="list-style-type: none"> • Understand common bicycle mechanical problems such as flat tires and fallen chains. • Identify the difference between a bicycle tire and an inner tube. • Describe the basic steps involved in repairing a flat bicycle tire.

	<ul style="list-style-type: none"> • Explain how to safely put a bicycle chain back on the gears. • Recognize the importance of checking a bicycle's safety before riding.
Materials Needed	<ul style="list-style-type: none"> • <i>Flat Fix and Chain Tricks</i> PowerPoint
Instructions for Activity	<ul style="list-style-type: none"> • Before class, prepare the PowerPoint presentation. • Ensure the projector and computer are working properly.
Setting the Stage	<p>Begin with a short discussion.</p> <ul style="list-style-type: none"> • "Has anyone ever had a flat tire while riding a bike?" • "What do you think you should do if your chain falls off?" <p>Explain that small bike problems are common, but learning simple repair skills can help cyclists stay safe and independent.</p>
Introduction of Activity	<p>Explain that today's lesson will teach students two basic bike repair skills:</p> <ul style="list-style-type: none"> • Fixing a flat tire • Putting a chain back onto the gears <p>Tell students that understanding these skills can help them get back on the road safely if something goes wrong while riding.</p>
Core Activity	<ol style="list-style-type: none"> 1. Present the <i>Flat Fix and Chain Tricks</i> PowerPoint to the class (15-20 minutes). 2. Begin an ending discussion on what the students learned about tire repairs, chain fixing, and ABCs (5 minutes).
Reflection and Discussion	<p>Ask students:</p> <ul style="list-style-type: none"> • "What is one new repair skill you learned today?" • "Why is it important to check your bike before riding again?" • "What could happen if a tire or chain problem isn't fixed properly?" <p>Encourage students to think about how knowing basic bike repairs can make cycling safer and more independent.</p>

Tips for Success	<ul style="list-style-type: none">• Point to images in the PowerPoint to help students visualize each repair step.• If possible, demonstrate the repair steps using a real bicycle.• Encourage students to ask questions during the presentation.
Contact Information	For more information or any questions, contact us here: http://activesaferoutes.ca/contact-us/