



# Bike to School Week 2021

27 September – 1 October

- ✓ **Be active** and feel more energised
- ✓ **Help the environment** by replacing a car journey
- ✓ **Improve local air quality** and reduce congestion



Let Sustrans know your family is **cycling or scooting to school** to be in with the chance of **winning a Frog bike**.

Visit [www.sustrans.org.uk/biketoschoolweek/pledge](http://www.sustrans.org.uk/biketoschoolweek/pledge)



**#BikeToSchoolWeek**

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## Junior Doctor Bike

### Objective

Pupils learn how to make cycling safer with simple checks and practices.

### Session plan

First things first. Checking your bicycle is in peak condition is a vital step.

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, eg pumping tyres, oiling the chain etc.

More specialist repairs should be taken to a local bike mechanic.

### Additional resources

Video: Show the pupils Sustrans' M-check video to help make sure their cycles are roadworthy each time they ride.

 [Watch the video](#)

Video: Show pupils this step-by-step guide to help make sure their scooters are safe to ride.

 [Watch the video](#)



#### Time needed:

20-30 minutes



#### Resources and tools needed:

Checklist (next page)

Cycle pump

Allen key

Chain oil



#### Solo/group activity:

Group/with a parent





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## Junior doctor bike checklist

### 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?
- Do the wheels turn easily?

### Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?

### Saddle and seatpost

- Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

### Pedals and 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!