



Wheels Day



Level 3

Years 5 & 6



Length of lesson

School choice



Resources

- + Your Auckland Transport Community Transport Coordinator can assist you to plan and run an event that works for your school. They can also provide some of the equipment (e.g. ramps, cones, mats and road signage) to support your event.
- + Students will need access to bikes/scooters and helmets
- + Wheels Day promotional poster



WALT

Master basic bike/scooter skills, practise bike/scooter maintenance and identify and manage potential road hazards and risks to ensure safe active travel.



Learning Outcomes

Students will:

- + Identify clothing, equipment and behaviours that help make them a safe scooter and bike rider;
- + Identify safety features of a scooter/bike and learn a basic safety check to perform before scootering/cycling;
- + Identify the scootering and cycling hazards they may encounter both in the school grounds and in environments outside of the school grounds;
- + Describe how scooter/bike users should behave around pedestrians and other scooter/bike users to ensure everyone's safety;
- + Compare and contrast the risks they face and the risks they create as a scooter/bike user;
- + Explain the causes (physical and behavioural) and the effects of each of these risks and understand how to minimise or prevent them;
- + Demonstrate safe scootering/cycling in controlled situations on school grounds;
- + Practise motor skills involved in balancing, steering, stopping, and negotiating hazards.

Lesson Plan 8

Wheels Day



Learning Activities

1. Students take part in a fun event on school grounds (usually on concrete courts), organised and run by the teacher(s) with support from the Community Transport Coordinator and possibly student leaders. This is a flexible, fun session to encourage students to travel actively by wheels to school and to promote health and fitness. The session could include:
 - Helmet checks
 - Fitting a helmet correctly
 - Bike skills and safety
 - Cycling games (How slow can you go?/time trials)
 - Obstacle courses (cones, jumps, ramps)
 - Combination relays (teams made up of each mode of wheel transport)
 - Bike maintenance checks
 - Road safety training course – with traffic lights, stop signs, crossings
 - Spot prizes



Go to the [Auckland Transport cycling and walking pages](#) for advice and support including 'Kids learn to ride' videos.

Lesson Plan 8

Wheels Day

Fitting a bike helmet correctly (2-4-1 rule)

Did you know?

The law requires all cyclists to wear a bicycle helmet when riding a bicycle.



Two fingers above your eyebrows to the bottom of your helmet.



Adjust the straps so the sliding clips sit right underneath the ear lobe, and the straps form a 'Y' shape.



The chin strap should not be able to be pulled up and over your chin.



1. Unclip the buckle.
2. Ensure the helmet is the right way around.
3. Place the helmet on your head so that it sits flat with a two-finger width gap between the eyebrows and the helmet rim.
4. If the helmet has an adjustable cage at the back, tighten it so that the helmet is snug.
5. Adjust the side straps, checking that there is no fraying or twists. On each side there is a clip which should sit right beneath the earlobe, forming a 'Y' shape on each side.
6. Tighten up the chin strap and clip the buckle. You should be able to fit one finger between your chin and strap (2-4-1).

The ABCD Quick check

Check your bike every time you go for a ride, but especially if you haven't ridden it for a while. It's simple – every time you ride you just have to remember your **ABCD Quick check**.

- A. Air** Check that you have air in your tyres.
- B. Brakes** Check each brake by wheeling the bike forward and squeezing the brakes one at a time.
- C. Controls** Check the chain, pedals and handlebars. The chain should be black or silver, not rusty. The pedals should spin freely. The headset should be tight so that the handlebars do not move independently of the wheel.
- D. Drop** Drop the bike gently from a height of about 10cm and listen for any unusual rattles or creaks.
- Quick** Check that the quick release levers are all closed securely.