

Bicycle Safety Check

Green-Schools Travel – Lesson Plan



Introduction

The 'M-Check' is a basic safety check of all the main working parts of a bicycle. This lesson plan is focused on teaching students how to complete an M-Check using their own bicycles to promote safety when cycling.

Aim/Learning Objective:

- To provide children with the skills to check their own bicycles
- To raise awareness about the importance of ensuring a bicycle is roadworthy

Target Age Group: Senior Primary

Curriculum Links: **SPHE – Myself - Safety and Protection**

Fifth/Sixth Class

- Know how to keep safe when travelling and to understand how individuals can keep others safe
- Realise that as independence increases, responsibility for personal safety increases, and that a strategy for keeping safe has to be developed and adhered to by each individual

Third/Fourth Class

- Be aware of potential travel hazards and the need for responsible behaviour when travelling
- Realise that as independence increases, responsibility for personal safety increases, and that a strategy for keeping safe has to be developed and adhered to by each individual

Learning Methodology:

Students watch a video on bicycle safety tips in class and complete an 'M-Check' on their own bicycle as a homework activity.

Time Needed: 20-30 minutes

Resources Needed: Click on the links provided below:

- [Bike Checks with Green-Schools Officer Dave Brooks – YouTube](#) (6mins)
- [Green-Schools Bicycle Check Quiz](#) (10mins)
- [Bicycle Check Survey](#)(homework)

Preparation :

- Open the video and quiz link above
- Print out the 'Bicycle Check Survey' worksheet. Alternatively, this could be distributed digitally for students to use as a reference where any issues are noted in their copybook

Activity/Content:

- In class, watch the video 'Bike Checks with Green-Schools Officer Dave Brooks'
- Complete the Bicycle Safety Check Quiz as a follow on activity
- Ask students to complete an M-Check on their own bicycles at home using the 'Bicycle Check Survey' worksheet

Extension Activities:

- You could complete a whole school survey **or** class survey of issues identified by students and graph the results. Two survey templates are provided to facilitate this
- Complete a [cycling awareness survey](#) with your students

Links to the 7 Steps

Environmental Review

- Completing the worksheet is a review of an individual's bicycle. This could be followed on with a whole school 'hands up survey' where the results are then discussed and graphed for the noticeboard

Action Plan

- Organise a bicycle safety check demonstration with your GST Officer
- Completing the bicycle check survey alone is an action to promote safety
- Ask the committee to research bicycle mechanics in the area to share
- Contact your local bicycle mechanic or cycling club to see if they could help
- Contact your Green-Schools Travel Officer for action day ideas

Monitoring & Evaluation

- Repeat the survey in Y1 and Y2 to monitor progress

Curricular Links

- SPHE – Myself – Safety and Protection

Informing & Involving

- The completion of the worksheet as a homework activity actively engages and raises awareness about the importance of bicycle checks across the school community
- Contact your GST officer for support material to raise awareness about bicycle maintenance

Bicycle Check Survey

Activity Sheet – Senior Primary

Green-Schools Travel



Complete an M-Check on your bicycle at home. Use the diagram and checklist as a guide.

Reflectors

Loose

Missing

Dirty

Seat

Too high

Too Low

Damaged

Both feet must touch the ground

Handlebars

No grips

Loose

No Bike Bell

Brake Levers

Loose

Not working

Brake Blocks

Worn

Not straight

Both brakes must move onto the wheel rim

Lights

Loose

Missing

Dirty

Brake Blocks

Worn

Not straight

Both brakes must move onto the wheel rim

Tyre

Worn

Soft

Damaged

Chain

Needs Oil

Broken

Pedals

Loose

Broken

Tyre

Worn

Soft

Damaged

My bicycle is safe to use

My bicycle needs some work

Notes



Class Bike Check

Green-Schools Travel – Classroom/Pod Survey



School:

Class:

This 'hands up' class survey is to be completed by the Green-Schools Committee representative after students have completed their own bicycle check survey. Once completed, tally the results and construct a graph for your noticeboard. Discuss the outcome of your survey and possible actions you can take.

How many students have a bicycle or access to a bicycle

Tally Chart

Complete a tally (III) of issues identified by your classmates

Issue	Tally	Total	Issue	Tally	Total
Tyre			Lights		
Brake Blocks			Pedals		
Reflectors			Chain		
Seat			Other		
Handlebars			No Issues		
Brake Levers					

Bar Chart

Using the results from your tally construct a bar graph.

Issues found with	In my bar graph, each box represents _____ students.									
Tyres										
Brake blocks										
Reflectors										
Saddle/Seat										
Handlebars										
Brakes										
Lights										
Chain										
Other (i.e. gears)										
No Issues found										

School Bike Check

Green-Schools Travel – School Survey



School:

Date:

This 'hands up' whole school survey is to be completed after students have completed their own bicycle check survey. Once completed, tally the results and construct a graph for your noticeboard. Discuss the outcome of your survey and possible actions you can take.

How many students have a bicycle or access to a bicycle

Issues	Enter class/year you are surveying						Total
Tyre							
Brake Blocks							
Reflectors							
Seat							
Handlebars							
Brake Lever							
Pedals							
Lights							
Chains							
No issues found							
Other (i.e. gears)							

What is the most common issue?

What can we do?

For example, research bicycle shops in your area and distribute details or invite a bicycle mechanic to participate in a bike fixing action day.

