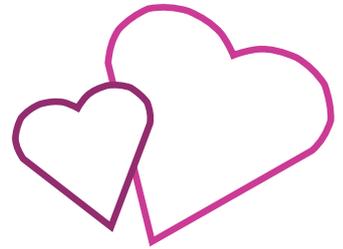




# LOVE YOUR BIKE!

THIS VALENTINE'S DAY GET TO KNOW YOUR BIKE BETTER AND  
SHOW IT SOME LOVE!



**DURATION: 30 MINS**



**MATERIALS REQUIRED: BIKE, PENCIL, MEASURING TAPE**

## Vital Statistics:

Can you find out these facts about your bike?

### 1. Number of Gears?

Multiply the number of cogs at the front by the number at the back (eg.  $2 \times 7 = 14$  gears)

### 2. Size of the Wheels?

Look at the numbers on the sidewall of your tyre (eg.  $20 \times 1.5$  is a 20 inch wheel)

### 3. How high is your saddle?

Use a measuring tape or a ruler to work this out

### 4. How wide are your bars?

Use a measuring tape or a ruler to work this out

## You and Your Bike!

Draw a picture or stick on a photo!  
Add your name at the bottom.

## What kind of brakes has your bike got?



V-Brakes?



Caliper Brakes?



Disc Brakes?

## How clean is your bike?

- 1. Sparkly Clean! Showroom standard?
- 2. A bit dirty but I use it all the time?
- 3. Super Dirty - My bike needs some love?

## What is the best adventure you've ever had on your bike?

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The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)