

# ON YOUR BIKE


## THEMED PROGRAMME



### AIM

Bikes are a great way to get out, explore your neighbourhood and keep fit at the same time. Use this themed programme to look at some basic bike maintenance and safety skills, before getting out on your bikes and exploring the world around you.

### ACTIVITIES

-  **Bike Maintenance**
-  **True or False: The Rules of Cycling**
-  **A Bike Ride of Faith**
-  **Bike Games**
-  **Let's Get Cycling!**
-  **Cycling Vlog**

# ON YOUR BIKE

## » INTRODUCTION

Getting out on your bike has been a popular activity for generations – particularly for young people.

Bicycles have been around for over 200 years and have been used by millions of people for transport, fitness and recreation.

This themed programme encourages the group to not only get out on a bike ride, but also to learn a little bit about the rules of the road and how to look after and maintain your bike.

## ? DID YOU KNOW?

- Over 75% of 5-16 year olds in the UK own or have access to a bike.
- On average the population of the UK collectively cycle 3.3 billion miles each year.
- Roughly 3 million bikes are sold each year in the UK.
- Only about 2% of school pupils cycle to school.
- The UK has some of the lowest cycling rates in Europe. Many of our European neighbours use their bikes far more than we do.



## GET LEARNING: MY SKILLS FOR LIFE BIKE MAINTENANCE

Bikes are great... until they break. Take on some bike maintenance with the group, giving them the skills they need to fix common issues. For this activity you'll need at least one bicycle, however it would be ideal for there to be multiple bikes available, so that you can work in smaller groups.

For each skill it's suggested to watch the video as a group and then for the leader to demonstrate the skill. Then split off into smaller groups, allowing each young person an opportunity to try out the skill (or at least part it) for themselves.

**Fix a Puncture:** Punctures often seem to happen when you're miles away from home, therefore knowing how to fix a puncture is one of the most important bike maintenance skills needed. This video will show you how to take off a wheel, remove the tyre, find the puncture and then fix it.

**Tutorial Video:** <https://www.halfords.com/bikes/how-to-guides/how-fix-a-puncture.html>

**Putting the Chain Back On:** The chain is what converts your peddling into wheel movement. If the chain has slipped, you're going nowhere! Learn how to easily put the chain back to where it should be, so you can get on your way again.

**Tutorial Video:** <https://www.youtube.com/watch?v=jWDfHJ6vMyl>

**Maintaining Your Bike:** To help keep your bike safe and to extend its life, looking after your bike is key. Take a look at all the parts of your bike that are important to check and give your bike the once over.

**Tutorial Video:** <https://www.halfords.com/bikes/how-to-guides/video-bike-servicing.html>






## GET LEARNING: STAYING SAFE

# TRUE OR FALSE: THE RULES OF CYCLING

Staying safe on the roads whilst cycling is important. Do your young people know the rules surrounding cycling in the UK and how these rules are designed to keep them safe?

-  Download the True or False: The Rules of Cycling quiz sheet.
- A leader should read a statement out from the sheet and encourage young people to decide if they think the statement is true or false. Young people can do this by standing at one end of the room or the other, showing a thumbs up or down, or by holding a vote.
- Once young people have made a decision, reveal the answer and the piece of information that goes with it. How many people guessed correctly?
- Were the group surprised by any of the rules or facts? Are any of the group guilty of breaking the rules, if so, why do they do it and are they aware of the safety implications of doing so?



## GET INTO THE BIBLE: DEVELOPING MY FAITH

# A BIKE RIDE OF FAITH

Riding a bike takes time, requires practice, has challenges and can be hard work at times. But it is also a brilliant thing to be able to do, allows you to stay healthy, lets you see the world in a new way and is always well worth it. What about having a faith? What is a 'bike ride of faith' like?

**Have Patience:** We didn't learn to ride a bike straight away. We began with stabilisers and we learnt over time, sometimes with a bit of trial and error along the way. Being Christ-like doesn't happen overnight either. We need patience with ourselves and others.

 **1 Timothy 1:16**

**Balance is Key:** You won't get far on a bike if you don't have any balance. The same can be said about being a Christian. A well balanced Christian will not only read the Bible but they will also make time for prayer and worship. They will talk to God but then also take time to listen.

 **Ecclesiastes 3:1-8**

**Expect Hills:** Riding a bike downhill is fun, but there will always be hills you'll need to peddle hard up. Our lives can be full of uphill battles, which can't be avoided. You'll need to get your head down, peddle hard and keep going.

 **Philippians 4:13**

**Bring Some Plasters:** Accidents can happen, even to the most experienced cyclist. Don't be put off by them though, just be ready. What faith-based plasters are in your first aid kit? Prayer, your Bible, supportive Christian friends / leaders, a church etc. In all things you do, pray that God will direct your path and protect you.

 **Romans 5:3-5**

**Helmets Save Lives:** Wearing a helmet usually isn't the coolest thing to do, particularly for a teenager, but they can save your life. What about a Bible? Reading a Bible might not always be viewed by your friends as being 'cool' but the words inside it can transform your life and lead you to eternal life. Just like wearing a helmet, reading the Bible is well worth it!

 **Matthew 4:4**



## GET ACTIVE: PLAYING GAMES BIKE GAMES

Adapt some favourite games so they can be played whilst riding a bike. Below we've provided some suggested game you could adapt.

It is important for this activity that you use a large open space (i.e. a field). Young people should ideally wear a helmet and they should be given a safety briefing beforehand to ensure they are sensible when playing the games and looking out for each other. All games are non-contact. A leader should complete a risk assessment.

**Birds Nest:** A game that sees young people tasked with capturing eggs from the central nest (and then other team's nests) to be the first team with 6 eggs. The rules of the game can be found on the Programme Hub under Summer 2022 – Anchors – Get Active.

**Mountains and Valleys:** A competitive head-to-head game that tests both speed and reactions. The rules of the game can be found on the Programme Hub under Anchors – Get Active.

**Noughts and Crosses:** Set up 9 hoops in a 3x3 grid at one end of the field. Give each team 3 objects each that represent either noughts or crosses. On go, one person from each team must race on their bike to the grid, place their object into the grid and then return back to their team, allowing the next person in the team to go. Continue playing until there is a winner. If there is no winner after the 3rd object has been placed, the next person to go can move one of their team's objects to try and win.



## GET ADVENTUROUS: EXPLORING THE WORLD AROUND ME LET'S GET CYCLING!

Going on a bike ride is a simple thing to do but has so many benefits, including getting active, taking in fresh air, exploring the world around you and more. Consider some of the below things before you head out.

**Where to Go?** It's usually best to plan out a route beforehand. Think about how far you want to go and how much time you have. If possible try to find somewhere with cycle paths, that allow you to explore somewhere new.

**What to Take?** As a group spend some time beforehand thinking about items you'll need to have with you. This might include drinks, snacks, first aid kit, appropriate clothing, helmets, a map etc.



## GET CREATIVE: DIGITAL MEDIA MY CYCLING VLOG

Record some footage from a cycling adventure and then edit it together to create vlog, TikTok post, Instagram reel or something similar. A great activity to do alongside Get Adventurous: Let's Get Cycling.

Before the cycling adventure the group will need to consider how they will record their footage. This may be by strapping a GoPro camera to a bike / helmet or by stopping at points and recording bits of video as they go along. Please don't allow young people to record footage on their phones (whilst holding the phone) and cycle at the same time.

Once the vlog has been created, consider the best way of sharing the video so other people can see it. If posting on social media use the hashtag #BBAdventure.



# TRUE OR FALSE: THE RULES OF CYCLING

**Wearing a bike helmet reduces your risk of getting a head or brain injury by 50%?**

**False:** It's a 65-88% reduction. There are a huge number of studies that show the wearing of a helmet significantly reduces the risk of major injury and even death.

**Children under 16 are allowed to cycle on pavements.**

**False:** Cycling on the pavement is illegal for cyclists of all ages. Cycling on pavements brings a significant risk to pedestrians.

**Cyclists are allowed to move past red lights, but only if it is safe to do so.**

**False:** Traffic lights are there for everyone's safety. All road users must obey them. However some traffic lights do have an advanced stop line for cyclists to use, to help them get ahead of traffic.

**It's against the law to ride your bike at night without a white front light and a red rear light.**

**True:** Both lights must be fitted and working after dark. You are also required to have a red rear reflector too.

**Cyclists are allowed to use bus lanes.**

**True:** Most bus lanes may be used by cyclists, as indicated on signs. However you should be careful when overtaking a stopped bus. Never undertake a bus.

**You should stay within 1 metre of a parked car, when overtaking it, to ensure you are not obstructing the rest of the road.**

**False:** You should leave at least 1 metre gap when overtaking parked cars. This is to ensure you have at least a car door's width between you and the car, just in case someone opens a door.

**Only adults over the age of 18 are permitted to carry a passenger on their bike.**

**False:** No one is able to carry a passenger on their bike, unless the bike has been specially built / adapted to carry one.

**You must never ride in the centre of the road (i.e. the centre of the lane you are travelling in).**

**False:** It's recommended on quiet roads that you ride in the centre of the lane, to make yourself clearly visible, moving over to the left of the lane when traffic is behind you. On busy roads you should stay to the left of the lane, aiming to keep at least 0.5m between you and the kerb.