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Active Transportation Lesson: Introducing the Complete Bicycle

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Active Transportation Lesson Plan: Introducing the Complete Bicycle

Terms

- Basket
- Bicycle
- Brakes
- Cargo
- Chain
- Chainguard
- Fender(s)/Mudguard(s)
- Handlebar(s)
- Headlight
- Helmet
- Lock
- Pedal(s)
- Rack
- Seat
- Taillight
- Tire
- Tire Valve

Lesson Agenda

Explain/Engage: 15 minutes

- Present example bicycle. Walk through all of the bicycle parts and their uses.

Elaborate & Evaluate: 15 minutes

- Refer to the "Bicycle Parts Activity Guide" on how to conduct this activity .
- After this activity, distribute and have students complete, "The Parts of the Bicycle" worksheet.
- Briefly discuss the results.

Engage: 15 minutes

- Demonstration: "How much can I carry?"
- Refer to the Activity Guide

Materials

Bicycle Parts ID Activity Guide
Bicycle Part ID Cards
Bike stand
Example Bicycle
How much can I carry?
"The Parts of the Bicycle"
Student Worksheet
Teacher's Guide

Lesson Objectives

- Students will demonstrate prior and enhanced knowledge of bicycle parts/usage through activities and discussion.
- Students will demonstrate an enhanced understanding of cargo-carrying techniques through discussion.



Active Transportation Activity Guide: Identifying Bicycle Parts

Materials

- Bicycle Part ID Cards
- Bike Stand
- Example Bicycle

Activity Agenda

Engage: 15 minutes

- Explain to students that each card has a bicycle part listed on it.
- Randomly select students to come up and place one card on the appropriate bicycle part and explain how that part is used.
- If time allows, students should have multiple opportunities to place a card on the bicycle and help others students correctly identify bicycle parts.

Activity Objectives

This activity will help students refresh their knowledge of bicycle parts and potentially introduces them to new parts.

The most important aspect of this activity is to begin to normalize the parts of the bicycle that may have been previously considered “additional,” “optional,” or “accessories.”



Active Transportation Activity Guide: How Much Can I Carry?

Materials

- One Backpack
- One Basket
- One Crate
- Two Panniers & Bags
- If possible, 4 bicycles equipped with the cargo carrying features listed above
- “Typical” groceries
- “Typical” school supplies

Activity Agenda

Explain: 5 minutes

- Display the cargo carrying features.

Engage/Elaborate/Evaluate:

15 minutes

- Have participants attempt to fit the amount of supplies into each of the various cargo carrying capacities.
- Have participants discuss the various strengths and weakness of the cargo carrying features.

Activity Objectives

This activity demonstrates that a bicycle is an active transportation option for carrying different quantities of cargo.

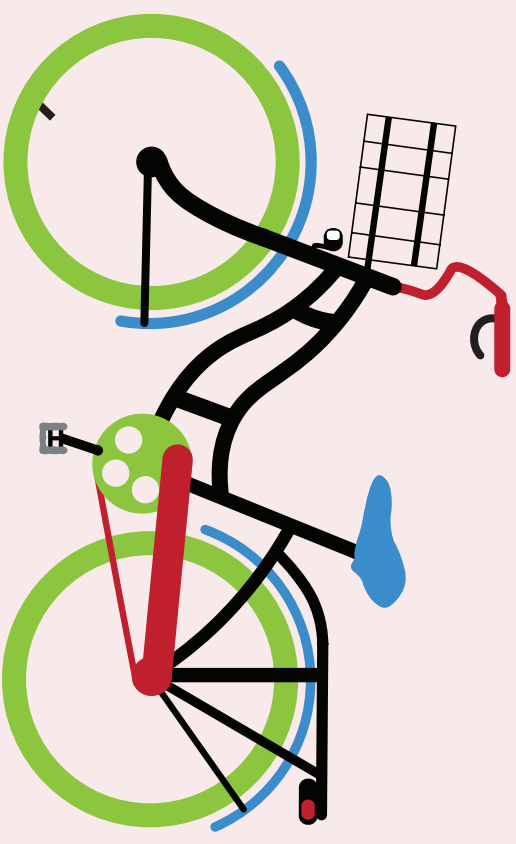
Through discussion and participation in this activity, participants explain and demonstrate which cargo carrying features provide the highest carrying capacity and convenience to those riding bicycles.

The Parts of the Bicycle

Instructions:

List the bicycle parts that you see!

- Seat
- Chainguard
- Mudguards/fenders
- Racks
- Basket
- Handlebars
- Pedals
- Lights
- Brakes
- Chain
- Tire Valve
- Tire



What's a complete bicycle?

A complete bicycle is one that can be used everyday, for every purpose.

Whether you're riding around the block with your friends or carrying groceries home with your family, a complete bicycle is both fun and practical.

Do you have a complete bicycle?

List the parts **your** bicycle has.
