

A bike is a machine.

All machines need to be looked after carefully.

## Tips for looking after your bike



Clean and dry your bike when it is wet or muddy. This will stop it getting rusty.



Ask someone to help you to check the brakes. The brakes are very important for your safety.



Be sure that there is enough air in the tyres. When the tyres are soft or flat it is more difficult to keep your balance.



Make sure the seat is at the correct height for you. You should be able to touch the ground with both feet. When you stop you don't want to topple over!



Always wear your helmet when you ride your bike. If you fall off your head must be protected.

Be proud of your bike, and be proud of the way you ride it!



## Do you remember?

Copy these sentences.

Fill each gap.

1. If you don't keep your bike dry it will get \_\_\_\_\_.
2. Good brakes are important for your \_\_\_\_\_.
3. You might fall off if your tyres are \_\_\_\_\_.
4. You might topple over if you can't touch the \_\_\_\_\_.
5. You wear a helmet to protect your \_\_\_\_\_.

## More to think about

Write a sentence to answer each question.

1. Why do you need to keep your bike dry?
2. Why are brakes very important?
3. How can you tell if your seat is the correct height?
4. What might happen if your seat was too high?
5. What should you always wear when riding your bike?

## Now try these

1. Pretend it is your birthday. You have been given a new bike. Describe what it is like.
2. Make a list of the good things about having a bike.
3. Imagine you are about to go for a bike ride. Explain how you will get ready.