

BIKE CLUB



READS

LESSON 5 - Shifting Gears

TRUE OR FALSE

1

**When pedaling uphill,
you should change your gear
to a lower gear.**

2

**The best time to change
gears is when the bike is
not in motion.**

3

**Friction is a force that happens when one
thing moves against another. Friction and
gravity are the reasons we need to shift
gears on our bikes.**

4

**The chainring on a bike
controls the movement of the
chain when shifting gears.**

LESSON 5 - Shifting Gears

TRUE OR FALSE**1 - TRUE** 

Changing to a lower gear creates less resistance to make it easier to go uphill.

3 - TRUE 

Different surfaces cause different friction, the primary reason why we need to shift gears. For example, when a street is smooth, we can ride in a higher gear - while the grass causes more friction, so we need to be in a lower gear.

2 - FALSE 

It is best to be pedaling the bike when you shift gears.

4 - FALSE 

The derailleurs controls the movement of the chain when you are shifting gears.

GREAT JOB!

