

Virtual Bike Club
Day 3: Lesson 1 – Bike Fit

Duration: 45 minutes

1. Saddle Up/Log On: 5 Minutes

Informal welcomes, technological troubleshooting, and capturing attendance.

- Prompt students as they come online that they will need their bicycle diagram sheet and a pencil and paper for this lesson.
- If possible, faculty sponsor and volunteers should have a bicycle and applicable tools (allen keys) available to demonstrate this lesson. Faculty sponsors, let Bike Club staff know if you need help getting access to a bicycle.

2. Warm Welcome & Volunteer Connector: 10 Minutes

Warm Welcome Suggestion: Scavenger Hunt! Faculty sponsor to suggest the item (should be relatively easy to find, like a common household item). First to find the item and present it on screen is the winner!

Review previous week lesson (Helmet Fit), Bike Buddy assignment (20-minute ride) and Canvas assignment (if applicable). Invite students to share experiences in the chat or over video if they are comfortable doing so.

Volunteer Connector (consider doing this in breakout groups)

- Ask students if they have ridden a bike that was WAY too big or too small for them – a parent's bike, a child's bike - what was that like? Was the bike hard to control? What do you think made it difficult?

3. Main Lesson: 10 Minutes

Watch Bike Club Video: Lesson 1 – Helmet & Bike Fit

- Video will be the same as previous lesson - watch in full to review helmet fit and introduce bike fit.
- Faculty sponsor and/or volunteers demonstrate adjusting seat height on bicycle with quick release collar and standard collar.
- Students use bike diagram to follow along with relevant parts.

- Faculty sponsor and/or volunteers show on-bike examples of proper bike fit.
- Call for questions about bike fit covered in the video and demonstration.

4. Supplemental Activity/Demonstration: 10 Minutes

Bike Drawing Challenge: Students have 60 seconds to draw a bicycle from memory on a piece of paper. See [Drawing a Bicycle from Memory](#) from StayActiveOK.com.

- Have students share their work with the class. Volunteers should share their work as well.
- What are the main shapes a bicycle is made of?

5. Bike Buddy Assignment: 5 Minutes

Bike Buddy assignment: If possible, work with an adult Bike Buddy to make adjustments to seat height and complete two or three 20-minute rides.

- Remind students of safe riding practices and to always wear their helmets when on their bikes.

6. Optimistic Closure: 5 Minutes

One thing I am going to try!

- Ask students to share one takeaway (an idea, a strategy, a tool, an action step) that they are going to put into action from today's meeting.
- Give students a minute of silent reflection then have them share in a group discussion, in the chat or in breakout rooms.