

Virtual Bike Club  
**Day 4: Lesson 2 – ABC Quick Check**

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.
- Faculty sponsor or volunteers should have a bicycle available for demonstration/questions during the lesson.

**2. Warm Welcome & Volunteer Connector: 10 Minutes**

Warm Welcome suggestion: Mindful Minute

- Explain that our breath is always with us and can be used to calm our bodies and steady our minds.
- Ask participants to silently bring awareness to their breathing when you sound a tone. It may be helpful for participants to place their hands on their bellies and notice the gentle rising and falling of their breath.
- Gently sound a triangle or bell.
- Debrief the experience by asking participants to share how the activity felt to them, when they might use this in their lives, or to share similar ideas like this that help them stay present and focused.

Review previous week's lesson (Bike Fit) and Bike Buddy assignment or rides.

Volunteer Connector (consider doing this in breakout groups)

- Ask students to share about a ride the previous week and whether they needed to make any adjustments to their bike fit.
- Ask students to share ideas of safe places they can ride during Virtual Bike Club - sidewalks, park, school grounds.

### **3. Main Lesson: 10 Minutes**

Watch Bike Club Video: Lesson 2 – ABC Quick Check

- Ask students why it would be important to do a check?
- What could happen if you rode your bike with a tire that was under inflated?
- What could happen if your brakes aren't working properly?

Faculty sponsor or volunteer use a bicycle to review the ABC Quick Check (including pumping up a tire using a floor pump) and take questions from students.

### **4. Supplemental Activity/Demonstration: 10 Minutes**

Bike Parts Activity - consider doing this in breakout groups.

- Faculty sponsor or volunteer uses parts of a bicycle diagram OR an actual bike (using cell phone for zoom call) to go over the various parts that make up a bicycle - students can follow along with their sheet.
- After all parts have been reviewed, faculty sponsor or volunteer will go over the same parts in a different order - showing parts using photographs or an actual bike and call for students to identify the parts.

### **5. Bike Buddy Assignment: 5 Minutes**

Bike Buddy Assignment: Perform an ABC Quick Check inspection before each ride you complete this week.

Remind students of the safe riding areas we discussed early in the lesson and remind students to always wear helmets.

### **6. Optimistic Closure: 5 Minutes**

At the end of the meeting, ask students to complete this sentence, "I am curious to learn more about..." or, "I am curious about..."

- Give students a minute to think and write a "note to self."
- At the end of the minute ask students to share their "curiosity" with a partner or their group.

- After 1-3 minutes of partner talk, ask for 2-3 people to share what they are curious about with the whole group.
- Collect the “notes to self” if you are using this as a formative assessment for future planning.