



## Can you do a four point check on your bike?

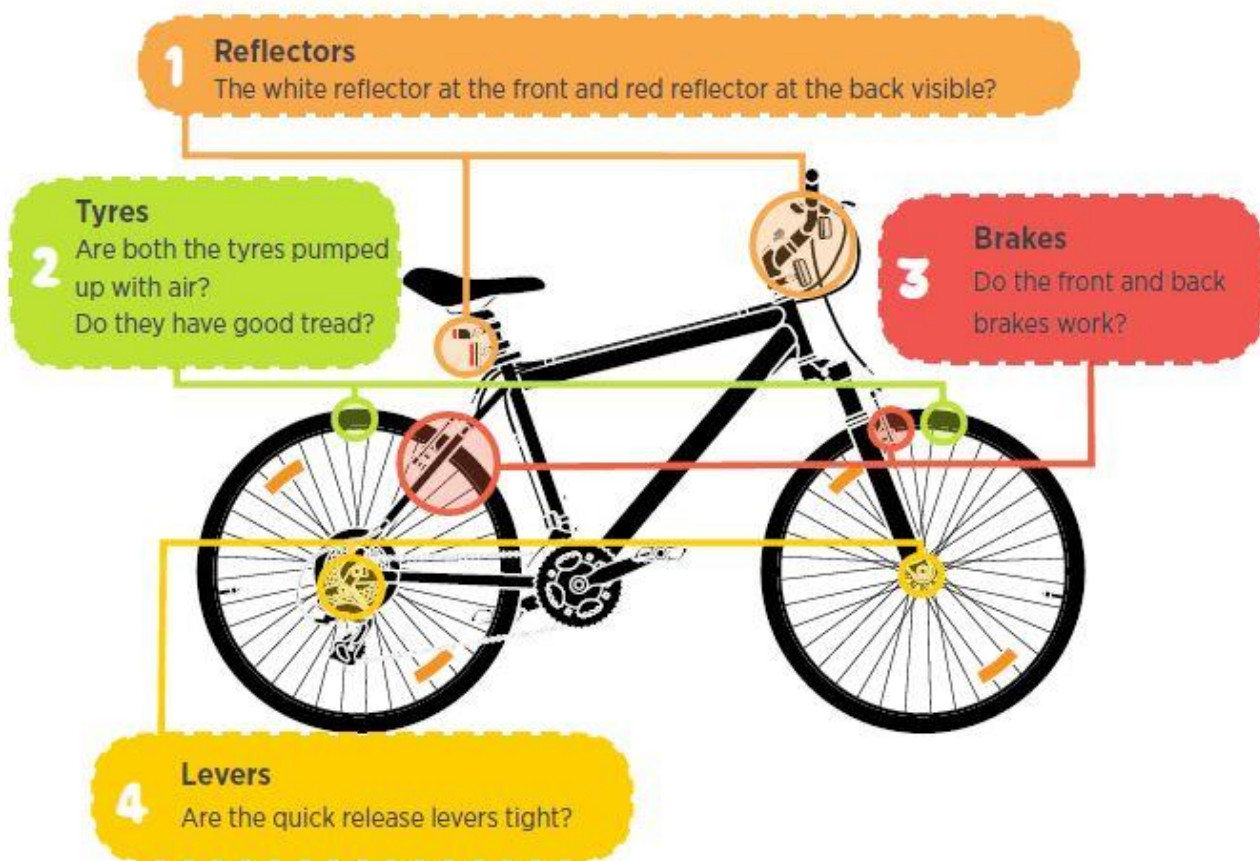
Suitable: Year 4-6 students

Health and PE – Practical Session

WALT: Make sure our bike is safe by doing a four point check

### Activity 1 – Four Point Bike Check List

Before you take your bike for a ride you will need to check that it has these four things:





## How did your bike do?

### Bike Parts

✓

✗

1. Reflectors
2. Tyres
3. Brakes
4. Levers

### Note:

If something is missing or broken you will need to talk to your family about getting it fixed or replaced.

### More assistance

For more assistance, go to the Auckland Transport YouTube video on how to do a *Four Point Bike Check* to see if you're doing it right!

<https://www.youtube.com/watch?v=1TPyETWzWFU&list=PLwdQL7ny3E69KmXMU7crT2jPlvfPMqxE5&index=5>