

Bike Parts Race

LESSON PLAN OVERVIEW

SUGGESTED GRADE LEVEL	K	1	2	3	4	5	6	7	8
SUGGESTED TIME	one class period								
SETTING	auditorium	classroom	gymnasium		outside				
LEARNING STYLE ACCESS	auditory		kinesthetic			visual			

OVERVIEW

Teach students the names and locations of bicycle parts. Offer students a bike-related indoor physical activity.

MATERIALS

One multi-gear bicycle per team. One full set of bicycle tags per team. Photocopy the template on page B3-3 on colored card stock paper, using a different color for each team. Cut between the words and attach pipe cleaners or twist ties to one end. Be sure each bike has all the parts listed, and remove the tags for any missing parts. Or leave additional parts in the mix and use it as a teaching moment about what things are on some bikes and not on others.

VOCABULARY

gear, reflector, derailleur, fork, lever, quick-release, hub, dropout, spoke.

MODIFICATIONS FOR CHILDREN WITH DISABILITIES

Create a matching game with a picture of the bike and all the parts listed separately, or have student with disability be the judge/facilitator or help you check to make sure all parts are correct.

MODIFICATIONS FOR USE IN LOW INCOME SCHOOLS

None needed

IMPRESSIONS

A great lesson to learn parts and get the kids moving. For more activity, place the bike far away from where the kids will be sitting in a line, ready to run and place their tag on the bike. A short bike parts introduction could happen first, or you could just start the race and see how many parts the kids already know.

SOURCE

Bike New York

3. The Bike Parts Race



OBJECTIVES

- Teach students the names and locations of bicycle parts
- Offer students a bike-related indoor physical activity.

NECESSARY RESOURCES

- One multi-gear bicycle *per team*
- One full set of bicycle tags *per team*. (Photocopy the template on page B3-3 on colored card stock paper, using a different color for each team. Cut between the words and attach pipe cleaners or twist ties to one end. Be sure each bike has all the parts listed, and remove the tags for any missing parts.)



TEACHER'S NOTE: This competitive game will give students some fun exercise. It can be used instead of or in addition unit E2, Learn the Names of Bike Parts.

Instructions

The object of this game is for each team to get rid of its bicycle tags first. Divide students into teams with equal numbers of students. Each team should divide the hang tags equally among its players.

- Position bicycles at one end of the space and the teams at the other end.
- When the game starts ("go," whistle, etc.), the first player from each team runs across the room to his or her team's bike and hangs the tag on the appropriate part. The player then runs back and tags the next player on the team, who performs the same task, then tags the next player, etc.
- Rotate players through the line until all the tags from their team have been hung correctly.
- The team that finishes first earns five points.
- Each team gets one point for each part they tagged correctly.



3. The Bike Parts Race



FUN FACT: Bike messengers can be found in most major cities around the world. They are cyclists who are paid to deliver small packages quickly through busy, crowded streets. It's a hard, sometimes dangerous job, done in almost any kind of weather, and it doesn't pay very well.

Nelson Vails was a New York City bike messenger who rose from humble origins and seized his opportunity for a moment of glory. And as with Major Taylor (see Fun Fact, page A1-3), cycling provided the opportunity.

Vails was one of 10 children in a Harlem family. His dad was a janitor, and his mother was a nurse. By the time he was a teenager, Vails had caught the bike bug. He frequently raced at the Kissena Velodrome in Queens, New York City's only bike racing track.

As a young man of 19, Vails needed a job, so he became a bike messenger. Besides riding eight to 10 hours a day, he trained by riding 40 miles before work every day, and he also rode on weekends. His messenger nickname was "Cheetah," the fastest cat in the jungle.

In 1980, he was invited to join a local bike racing team after he beat their fastest riders in a track race. In 1982, he made the U.S. cycling team, and he won a gold medal in the 1983 Pan Am games. But then came disappointment. He barely missed making the U.S. Olympic cycling team when he came in second to another American racer, Mark Gorski. Under the rules then, only one racer from each country could compete in the 1,000-meter sprint, which was Vails's specialty.

Then international politics intervened. The Soviet Union and its allies in Eastern Europe boycotted the 1984 Los Angeles Olympics, which opened up more spots in bike racing. Nelson Vails was back on the team, and like a bike messenger seeing an opening in dense traffic, he took advantage of his second chance. U.S. Olympic cyclists had not won a single medal in 72 years. Competing against the best from Europe, Japan, and Latin America, the U.S. team won nine medals, including four gold.

Nelson Vails won one of those medals, a silver in the 1,000-meter match sprint, coming in second again to Mark Gorski. The next time Vails rode up a street in Manhattan, it was very slowly along the Broadway's Canyon of Heroes, as confetti fell from the skyscrapers on him and his fellow American Olympians.



6. The Bike Parts Race

Front Derailleur	Brake Lever	Fork
Seat	Seatpost	Top Tube
Brake	Reflector	Cable
Chain	Shift Lever	Tire
Handlebar	Stem	Quick-Release Lever
Dropout	Frame	Grips
Rim	Spoke	Hub

