

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet

for

Bike Maintenance (117892)



This workbook was created by Breaking Cycles CIC in partnership with The Bikeability Trust as part of the widening participation project in 2022.

These resources are free to use and intended to be used, alongside L3 Bikeability training, as part of your alternative curriculum.

(Outcome 3) Wear and tear.

As you ride, certain components on your bike will wear out and need replacing periodically.

Checking for worn parts is one of the main purposes of doing your 'M-Check' before riding. Think about what you check and label two parts, that could wear out, on the picture below.



(Outcome 4) Name that part.

A bike has many parts and it's a good idea to be able to identify and name some of them so that you can describe what needs to be fixed or replaced.

Label the diagram below, naming 5 components.

