



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity	Cleaning your bike properly	Date	19/5/2020
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Aim/Activity and Instructions.

Building on from a previous challenge of cleaning your bike chain, here is how to clean your full bike properly.

Bikes need regular cleaning and it is important to degrease your chain and apply new oil, if you don't do this then you will wear down expensive parts of the drive chain and they will eventually need to buy new ones.

Go to You tube and search how to clean your bike or copy this link
<https://www.youtube.com/watch?v=5ak4AzlUz5Q>

Learning Outcomes:

To be able to clean your bike well and apply new oil

Resources:

A bucket, sponge, Hose pipe chain de-greaser and bike oil

Key Risk and Controls:

If going outside your home, take an adult with you.

Follow all normal Covid 19 practice and normal behaviours for being in public places. Stay safe.

How to share your learning:

Once you have completed this task, email a picture of you completing your track stand to sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

'Your limitation—it's only your imagination.'

Disclaimer: Please undertake this activity under the direction of a competent adult agreed by your parents/carers. Be sensible and careful. Patterdale Hall and Bolton Outdoors cannot take responsibility for you on these activities, they are meant as a guide only.

Please get some fresh air, stay safe, have fun and share your learning and outcomes with others.