



# Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity	Remove your bike wheels	Date	21/5/2020
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## Aim/Activity and Instructions.

Being able to remove your bike's wheels is an important skill.

Whether its to repair a puncture or loading your bike in the back of your parents car.

Go to YouTube and search how to remove your bike wheel and take a look at the Global Mountain Bike Networks page or copy this link <https://www.youtube.com/watch?v=8EPB6mT5Uio>

## Learning Outcomes:

To be able to remove your bike wheel and load your bike in to the back of a car

## Resources:

Bike, and possibly a spanner to remove the nuts on the wheel.

## 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](mailto: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.***