

Cycle Maintenance Lessons

Fixing bikes at Hampshire
Secondary Schools



What and why?

During the spring and summer term of 2024 Bike It Officer John Clode, with the help of My Journey Hampshire, ran cycle maintenance lessons at several Hampshire secondary schools.

The aim of the lessons was to teach children the basics of keeping their bikes roadworthy and safe to use. They were taught how to do an M-Check, repair a puncture, and how to fix and adjust their brakes and gears. These are the most common issues found when doing a Bike Dr's in schools.

Pupils from Brune Park Community School in Gosport, Deer Park School and Wildern School in Hedge End and Toynbee School in Eastleigh all took part, and lessons will continue in September 2024.



Learning & Results?

The pupils who took part in the lessons first were taught how to perform an M-Check on their bikes to make sure it was safe for them to ride. This allowed them to identify problems such as loose bolts, flat tyres and brakes not working.

The group were then taught how to safely remove the rear wheel from their bike. They were shown how to remove the tyre and inner tube to fix a puncture, then reinstall the wheel correctly and safely.

Brakes and gears were next to be taught and there was always a mix of brake types in each lesson either disc or cantilever brakes. The pupils were shown how to make adjustments to both types of brakes to ensure they were working correctly, so their bikes could stop safely. This included adjusting pads, checking them for wear and tightening cables.

Lastly, the pupils looked at how to make adjustments to their gears, particularly adjusting the rear derailleur - as this was the most common issue to help student's gears run smoothly, as well as their journeys to school.



57 Pupils took part in the lessons



A total of 10 lessons were completed across 4 schools.



2 further schools will take part in lessons during 24/25

“John's bike maintenance lesson empowers students with practical skills that promote independence and responsibility. These lessons go beyond mechanics; they foster a sense of community and encourage lifelong habits of care and sustainability”

Mr Knight – Wildern School

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