

## Gateway Level 1 Award in 'Bike Maintenance & Bikeability'

| Year 12/13   | Autumn – Term 1   | Spring – Term 2   | Summer – Term 3   |
|--|---|---|---|
| <p><i>Gateway level 1<br/>Award in Bike<br/>Maintenance &amp; level 2<br/>Bike-ability</i></p> | <p style="text-align: center;"><b><i>Repair a Cycle Puncture</i></b></p> <p><b>1 Be able to prepare to repair a cycle puncture</b></p> <p>1.1 I can identify and select appropriate protective equipment to use when repairing a cycle puncture</p> <p>1.2 I can select the relevant tools, materials and equipment to be used for repairing the cycle puncture</p> <p>1.3 I can describe the different stages of cycle puncture repair</p> | <p style="text-align: center;"><b><i>Remove and Replace a Cycle Rim Brake Assembly</i></b></p> <p><b>1 Be able to prepare for carrying out a systematic cycle check and basic adjustments</b></p> <p>1.1 Identify and select appropriate protective equipment to use when removing and replacing a cable operated rim brake assembly</p> <p>1.2 Select the relevant tools, materials and equipment to be used for removing and replacing a cable operated rim brake assembly</p> <p>1.3 Describe the different stages of removing and replacing a cable operated rim brake assembly</p> | <p style="text-align: center;"><b><i>Encourage, develop and use safe cycling skills on the road</i></b></p> <p>1 Start an on-road journey</p> <p>2 Finish an on-road journey</p> <p>3 Understand where to ride on roads being used</p> <p>4 Be aware of potential hazards</p> <p>5 Make a U turn</p> <p>6 Pass parked or slower moving vehicles</p> <p>7 Pass sides roads</p> <p>8 Understand how and when to signal intentions to other road users</p> <p>9 Turn left into a minor road</p> <p>10 Turn left into a major road</p> <p>11 Turn right into a major road</p> <p>12 Turn right from a major to a minor road</p> |

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|                    | <p><b>2 Be able to repair a cycle puncture</b></p> <p>2.1 I can locate and repair the cycle puncture<br/> 2.2 I can follow correct technical data for puncture repair<br/> 2.3 I can use tools, materials and equipment safely<br/> 2.4 I can carry out a safety check after the work has been carried out</p> <p><b>3 Be able to tidy up area after work</b></p> <p>3.1 I can safely dispose of cleaning materials and substances used<br/> 3.2 I can clean tools and equipment after use and store appropriately</p> | <p><b>2 Be able to carry out removal and replacement of a cable operated rim brake assembly</b></p> <p>2.1 Carry out removal and replacement of a cable operated rim brake assembly<br/> 2.2 Set up a cable operated rim brake safely and appropriately<br/> 2.3 Use tools, materials and equipment safely<br/> 2.4 carry out a safety check after the work has been carried out</p> <p><b>3 Be able to tidy up area after work</b></p> <p>3.1 Safely dispose of cleaning materials and substances used<br/> 3.2 Clean tools and equipment after use and store appropriately</p> | <p>13 Demonstrate decision making and understanding of safe riding strategy<br/> 14 Demonstrate a basic understanding of the highway code<br/> 15 Decide where cycle infrastructure can help a journey and demonstrate correct use<br/> 16 Go straight on from minor road to minor road at a crossroads<br/> 17 Use mini roundabouts and single lane roundabouts</p> |
| Home opportunities | Practice fixing punctures at home<br>Maintaining my bike at home<br>Riding my bike on the local roads at home  |  |  |
| Out and about      | Halfords, cycle shop, cycle park, cycling in the local community   |  |  |