

# Bikes



by **Janice Marriott**  
photographs by **Adrian Heke**

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to Read*

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# All sorts of bikes



My bike is pink.

We all like bikes!



In my family, we all have bikes.

My mother has a racing bike.  
Racing bikes are very light,  
and they go fast.



My father has a mountain bike.  
They have wide, knobbly tyres  
that grip on bumpy tracks.

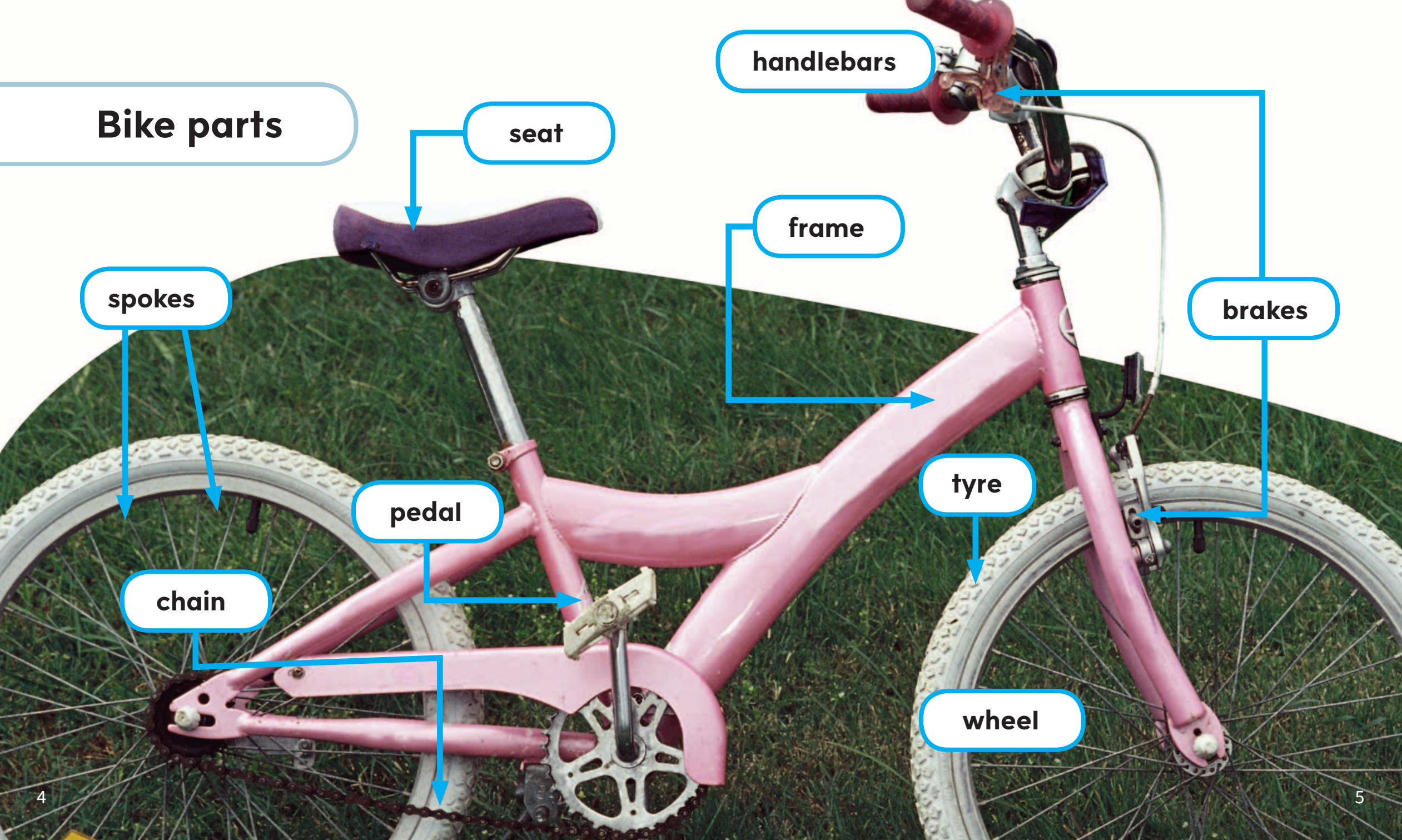
My big brother has a BMX.  
BMX bikes have a very strong frame  
and small wheels.



My cousin has a trailer bike.  
It hooks on to his mum's bike.



# Bike parts



handlebars

seat

frame

brakes

spokes

tyre

pedal

chain

wheel

## How bikes work



**1. Feet push the pedals around.**



**3. The chain turns the back wheel.**



**2. The pedals turn the chain.**

**4. The back wheel makes the bike move, and the handlebars steer the front wheel.**



## Learning to ride



It takes time to learn how to ride a bike.

My dad helped me. While I pedalled, he ran along behind me with one hand on the seat, holding the bike up.

## The size of your bike



A bike has to fit you, like your clothes do. Your leg should be straight when your pedal is at the bottom of its turn.

When you sit on the seat, your toes should be able to touch the ground.

## Safety on bikes



handbrake

To be a safe bike rider, you need to:

- always wear a helmet
- know how to get on and start without wobbling
- know how to stop
- know how to turn.

Make sure your clothes can't get caught in the spokes.

## Looking after bikes



Look after your bike to keep it safe.  
Keep the tyres pumped up.  
Clean off the mud, dirt, and grease.  
Keep your bike under cover so it won't rust.





## What's good about bikes?



*They're cool fun.  
They're quicker than walking.  
We can go a long way before  
we get tired.*

*Bikes don't need petrol.  
They don't pollute the air.*



*Biking is something our  
family can do together.  
It's good exercise.*

*Biking is a skill.  
We don't need a licence to ride one.  
Going downhill is the **best!***



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