

Bike Maintenance Skills

Aberdeen Grammar School, Aberdeen
Life Skills Sessions



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Bike Maintenance Skills

Aberdeen Grammar School



Overview

What is the aim of the activity?

To develop pupil's practical skills, using and knowledge of basic tools and mechanical techniques, get hands on practise, gain interest in bike mechanics and how bikes work

What happens during the activity?

Pupils, led by I Bike Officer, work through various basic mechanical tasks, from building bikes out of the box, removing wheels, tyres, repairing punctures, tuning gears/brakes etc



How did the sessions fit in with the school timetable?

Activity took place during timetabled 'life skills' class and school were keen for some external input to provide something refreshing for pupils. The school were keen for a bike fleet to be installed for use in various subjects and the life skills class provided a good opportunity for building the bikes and keeping them maintained.

Benefits for pupils?

An alternative to normal lesson contents. Provides a hands on experience using variety of tools/techniques. Chance to discuss mechanical techniques. Good for motor skills/dexterity. Pupils given degree of independence to make mistakes in low risk environment and work in teams to develop working relationships etc.

Main Benefits



Develops problem solving, teamwork and mechanics skills



Helps provide skills that can maintain a schools bike fleet



Provides students with an opportunity to learn in a practical way

“The course can be made as in depth as the officer likes, with the option of expanding the content up to SQA award level course”

George, I Bike Officer

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