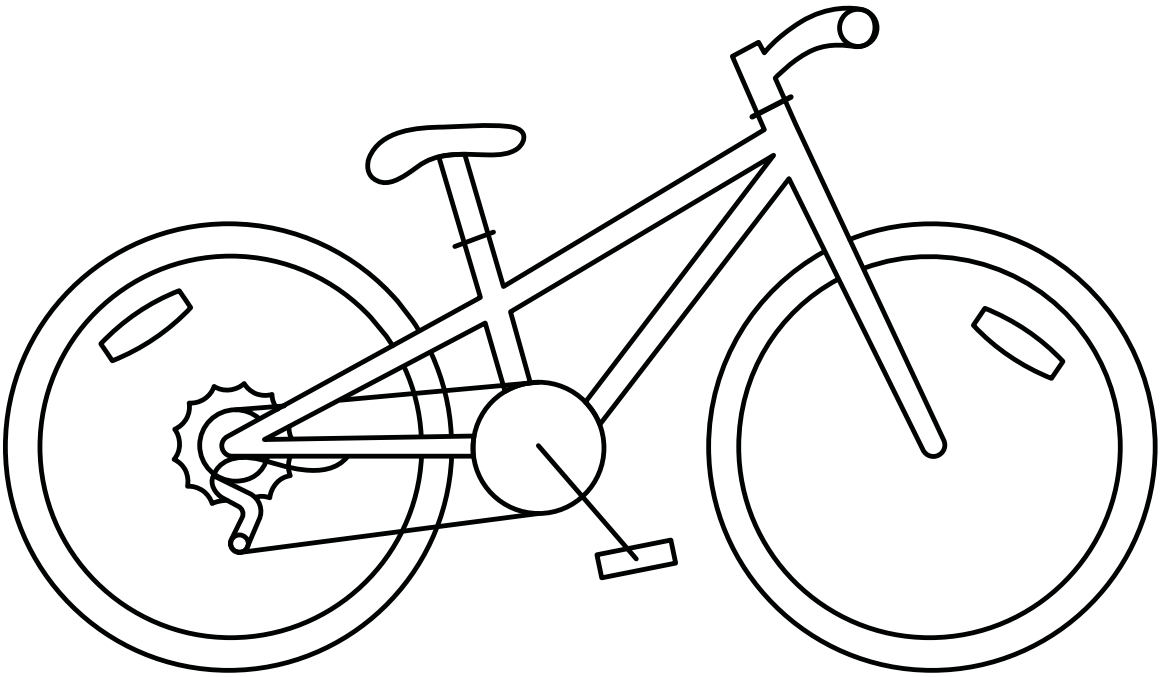
Cycling for an hour can burn over 250 calories!
This is the same amount of calories as some hamburgers and some chocolate bars.

TOOLS for SCHOOLS

What am I?

Draw an arrow from the clue to the correct answer and then draw the object onto the bike diagram.

I am used to slow down and stop	Bell
I am used on the front and the back so I can see and be seen	Tyres
I should be checked every time you ride to make sure I'm not flat	Lights
You can use me as a warning to others	Seat
I need to be the right height for you	Brakes



DON'T WORRY IF YOU DON'T HAVE A PRINTER, YOU CAN STILL JOIN IN SIMPLY BY COPYING ONTO PAPER.