

NAME _____

CLASS _____



Children and adolescents' need to be doing at least _____ minutes of physical activity _____ times a week.



What should be located on the inside of the helmet to show that it is safe to use?



How do you locate the hole in the inner tube before repairing a puncture?



List 3 things hazards you need to look out for when riding along the road or footpath?

1. _____

2. _____

3. _____



RTA road rules state that children under the age of _____ can ride on the footpath with the accompanying adults.



True or False: Students who walk or ride to school have a better ability to concentrate and get more out of the day? _____



What do you need to look for on the chain to show it may be weaker or need cleaning? _____



Every bike should be fitted with a front reflector which should be _____ in color and a rear reflector which should be _____ in color



At most there should be no more than _____ finger widths between the eyebrows and the front of the helmet?