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# BMX CHAMP

Acrobats on a Bike

Thomas James



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**31**

**Reading Recovery Level:** 14

**Word Count:** 1668

**Content:** Explanation.

**ACARA F-10 References:**

**Learning Areas:**

English; Humanities and Social Sciences; Science; Health and Physical Education.

**General Capabilities:**

Literacy; Critical and Creative Thinking; Personal and Social Capability.

**Author Bio:**

Thomas James is an accomplished young author who is writing short stories across the sciences and general information. His interest is biology, how things work and computer technology. Thomas is a graduate in computer sciences from The University of Queensland, Australia.

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**Teacher Notes:**

Since its beginnings in California in the 1970s where children started riding their bikes around dirt tracks, the sport of BMX has become hugely popular across the world. It is now an official Olympic sport which involves amazing skills, tricks, and stunts that wow audiences and make kids and adults want to get out there and try it for themselves. Join the author to find out all you need to know to become part of this very popular sport.

**Discussion points for consideration:**

1. Why has BMX riding and racing become so popular?
2. What are some of your favourite tricks in BMX?
3. Why is it important to be “BMX safe” when riding?

**Difficult words to be introduced and practised before reading this book:**

Motocross, motorbikes, balancing, legends, strength, energy, improve, different, explore, muscles, research, safety, important, serious, injuries, reduced, protection, champion, beginner, extras, upgrade, materials, expensive, cylinder, surface.

## **Contents**

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1. What is BMX?
2. What Can You Do With a BMX?
3. Safety with BMX Riding
4. Buying a BMX Bike
5. Looking After Your BMX

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## 1. What is BMX?

BMX means Bike Motocross.

Motocross is racing motorbikes on a dirt track. BMX is for racing bikes, not motorbikes.

BMX racing started in California over 50 years ago. The wheel of a normal BMX bike is only 20 inches. It is a smaller bike and suits younger riders.

These days, races take place on a dirt track or in a skate park. The track is made to test your skills. It has hills and turns to push you and your bike to the limit!







BMX riding can be done anywhere. It can be around a small park or yard. The skills of balancing and doing tricks can be practised over a simple dirt hill.

To start with BMX, buy an old BMX from one of your friends. It is great fun to ride with a friend. You can work on your skills together.

Some friends I know set up a little jump in a garage. It was a very small area. Everyone practised their jumps and twists.





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Do you have a BMX track or skate park close to you? Meet with your friends after school and do some riding. It's so much fun!

You will get to love it and will make lots of friends. You may even see some great legends. You will watch the pros jumping and twisting and think "I will never be that good!" But one day, as long as you keep trying, you will do it!

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If you keep trying, you will get better all the time. You may not see yourself getting better, but you are! Your balance, strength, and energy are growing. Practice makes perfect!

The champs that you have seen at the skate park and online have done a lot of work. If you want to improve, think about the move you want to master. Break the move into little steps. If it is not right, think about the steps you need to fix.



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