



National 4-H Curriculum
BU-08334

BICYCLING FOR FUN

Fun
Activities
for Youth
Cyclists



Name _____

County _____

Bicycle

1



NOTE TO THE BICYCLE PROJECT HELPER

Congratulations! A young person has asked you to be his/her bicycle project helper. You are in a great position to help youth develop in positive ways as they learn about bicycles, bicycling and themselves. You can nurture and cultivate their interest in bicycling by guiding their planning, encouraging them and recognizing them for a job well done as they strive to achieve the following learner outcomes.

LEARNER OUTCOMES

- Demonstrate safe cycling skills.
- Repair and maintain a bicycle.
- Plan and participate in cycling activities and events.
- Practice the life skills of decision making, leadership, planning and organizing and communications.

YOUR ROLE AS HELPER

- Become familiar with the materials in the activity guides and group helper guide.
- Support youth in their efforts to set goals and complete each activity.
- Discuss, date and initial the completed activities in the bicycle achievement programs.
- Help youth better understand themselves, including their strengths and limitations.
- Use the experiential learning model as you support youth.

BICYCLE ADVENTURES SERIES

1 – <i>Bicycling For Fun</i>	BU-08334
2 – <i>Wheels In Motion</i>	BU-08335
<i>Bicycle Helper's Guide</i>	BU-08336
<i>Don't Get Stuck: Fix It Video</i>	VH-07507
<i>Don't Get Stuck: Fix It DVD</i>	DV-08399

Bicycling For Fun is designed for grades 3–5. This guide may be used by youth in any grade based on their skills, experience and adult helper support. All activities include a description of the skills to be practiced, discussion questions, suggestions for additional activities and basic information to get started. The Success Indicator listed for each activity is an excellent way to evaluate the youth's progress.

Each of the guides includes an Achievement Program to encourage youth to learn more about this project while developing important life skills. BEFORE and AFTER—"What Do You Know?" on page 3 is a quick and fun way for youth to assess their knowledge before and after they complete the activities. In the *Helper's Guide* you will find another evaluation piece titled "Evaluating the Impact." Use this to help you determine the general expertise in your group before and after completing each level. Many activities include online Helper Tips to help support youth more effectively as they do the individual activities.

BICYCLE HELPER'S GUIDE

The *Helper's Guide* is intended primarily for the project helper who helps one or two youth and/or a group helper or club leader who works with youth and their Project Helpers. Group activities are featured which can be adapted to family meetings, the classroom, after school, home school and 4-H bicycle project clubs.

GROUP PROJECT MEETINGS

When several youth or a classroom of youth are participating in the project, monthly (or more frequent) meetings of the youth add greatly to their experiences. The project helper or club leader plans and conducts these meetings. During this time the youth share their progress and learning, take part in group activities from the *Helper's Guide* and prepare for the next set of independent activities they will do before the next meeting.



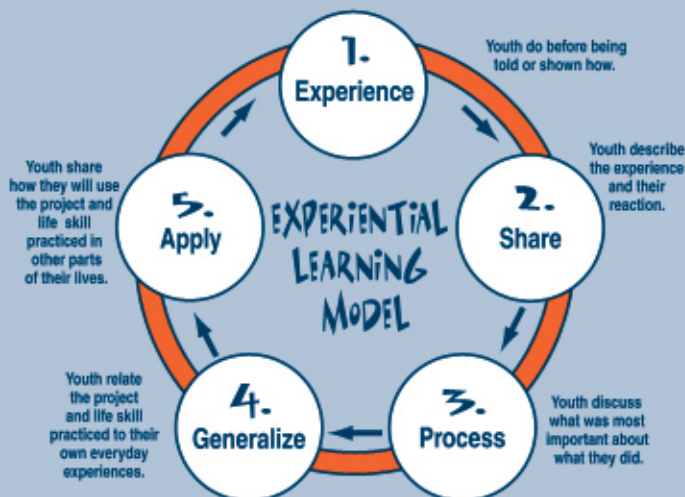
Explore more at

www.4-hcurriculum.org

National 4-H Curriculum

LEARNING EXPERIENTIALLY

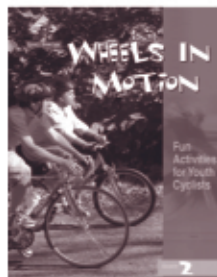
Experiential learning distinguishes 4-H youth development education from many formal education methods. As shown in the Experiential Learning Model, youth are first provided an opportunity to learn before being told or shown how. Then they are encouraged to share what they did, consider what was important about what they did, generalize the experience to their own lives and finally apply what they learned to a new situation. Your role as helper is very important as you discuss the questions in the Backtrack section of each activity with the youth as they complete the activities.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" © 1983 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

**For more on bicycling, look for
the other guides in this set.**

**Bicycling 2
WHEELS IN MOTION**



BU-08335

Chapter 1 Buying, Maintenance
& Repair

Comparison Shopping
Pressure Checkup
Patch It
Chain Overhaul
Putting on the Brakes

Chapter 2 On the Road Skills

Know Your Terrain
X Marks the Spot
Traffic Manners
Shifting Gears
Emergency Turns
Shifty Maneuvers
Dark and Stormy Riding

Chapter 3 Cycling for Life

Fueling the Engine
Career Cyclist
Making a Difference

BICYCLE HELPER'S GUIDE



BU-08336

Chapter 1 Making Preparations

Planning the Bike Project Year
Journaling Your Adventure
Bike Shop Scavenger Hunt

Chapter 2 Riding a Bike

Stop! Look! Listen!
Organizing a Group Ride
Set the Pace
Single Track Fun

Chapter 3 Bicycle Skill Activities

Fitting a Helmet
Identifying Bike Parts
Conducting a Pre-ride Check
Changing a Tire
Shifting Gears
Adjusting Brakes
Bicycle Skillathon Fun
It's Bike Rodeo Time

Chapter 4 Playing Bicycle Games

Playing Bicycle Pyramid
Cycling Quiz Bowl Excitement
Bicycle Bingo Bonanza



VH-07507

DV-08399

**Video/DVD:
DON'T GET STUCK: FIX IT**

Fitting a Helmet
Fitting the Bike
Adjusting the Seat
Adjusting the Handlebars
Adjusting the Brake Levers
Preventive Maintenance
Inflating Tires
Fixing a Flat
Adjusting Brakes—Cables and Pads
Adjusting the Headset
Repairs Best Left to a Bike Shop

BICYCLING FOR FUN

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WELCOME TO *BICYCLING FOR FUN*

Ready to see the world's colors whiz by and feel the wind in your face? Then it's time to take off with Bicycle Adventures! With your helper, you will discover the joy of riding a bicycle.

Through the activities in this first of two activity guides, you will have many interesting and exciting challenges. Each activity asks you to do something. Don't be afraid to jump right in. Don't give up if the activity doesn't work the first time. You're still learning, right? The most important thing is to try. After you try, share what happened with your helper. Here are some of the activities you can choose to do:

- Select a bike that will be safe and fun for you
- Check and adjust your bike and helmet for safety
- Learn to balance, start and stop
- Practice scanning—looking and listening while balancing and riding
- Turn safely
- Identify hazards and plan safe trips



Learning about bicycles, cycling and safe riding isn't all you will be doing. You'll also be learning about yourself. Many of the things you'll learn are skills you'll use in other areas of your life such as decision making, communicating with others and being an effective leader.

Project Guidelines

1. Select a project helper.
2. Do a minimum of seven activities in this guide each year and complete the *Bicycling For Fun* Bicycle Achievement Program within two years.
3. Complete the Project Goals, Before and After, and Project Highlights sections.
4. Practice and develop the life skills of relating to others, making decisions, personal safety and planning and organizing
5. Increase your cycling knowledge and skills.

Activity Sections

Each activity includes several parts to help you not only do the activity but also discover more about the topic.

- **Skills**—These are both bicycle skills and life skills you will practice.
- **Success Indicators**—Can you do what these say? If so, you have completed the activity. If not, don't worry. Just keep practicing until you can.
- **Tool Kit**—These are things you and your helper will need to do the activity.
- **Getting Started**—This describes what you need to do to prepare for the activity.
- **Hop On!**—This is the “do” part of each activity.
- **Backtrack**—Write short answers on the page to the questions and then get together with your helper and discuss each question.
- **Pit Stop**—Here you'll discover cool or important things you may not have known about bicycles or cycling.
- **Pedaling Harder**—Here are ways you can learn more and do more. When you finish one of these, don't forget to record it on your Achievement Program page.

Your Project Helper

Have you selected your project helper? This person may be a parent, an older sibling, another relative, a neighbor or someone who just likes kids and is interested in biking. The choice is yours. As you do the activities you'll discuss with your helper what you did and the questions in the Backtrack section of each activity. Sometimes your helper will need to work with you to identify resources, including people, organizations, events, web sites, magazines and books necessary to complete an activity. Once you have successfully completed each activity, your helper will date and initial your Achievement Program.

My Project Helper: _____

E-mail Address: _____

BICYCLING FOR FUN PLANNING GUIDE

MY PROJECT GOALS

Think of some things you would like to learn about bicycles and bicycling. These are your project goals. Write them below before you begin doing the activities. Your goals will guide you in choosing activities according to your interests.

What I want to do and learn in this project: _____

I plan to complete *Bicycling For Fun* by _____

PROJECT HIGHLIGHTS

Date and list the exciting things you do and learn.

Before and After WHAT DO YOU KNOW?

Here is a great way to see if you learn something new and develop important skills in this project. **BEFORE** you start doing the activities in this guide indicate what you know how to do NOW. Then when you complete the *Bicycling For Fun* Achievement Program record what you know **AFTER**. You may be surprised to see what you learned! Share the results with your helper.

Begin each statement with the words “I know how to...” then circle 1 (not at all) 2 (somewhat) 3 (a lot).



Place a photo of you and your bike in this space.

I know how to...	Before	After
Select bicycle safety equipment	1 2 3	1 2 3
Demonstrate how to fit a helmet	1 2 3	1 2 3
Identify bike parts and purposes	1 2 3	1 2 3
Choose between bike wants and needs	1 2 3	1 2 3
Select the right size bike	1 2 3	1 2 3
Make adjustments to properly fit a bike	1 2 3	1 2 3
Check bicycle tires, brakes and chains	1 2 3	1 2 3
Control my bike while balancing, starting and stopping	1 2 3	1 2 3
Stop a bike on a line	1 2 3	1 2 3
Demonstrate how to stop and observe before entering traffic	1 2 3	1 2 3
Recognize traffic signs and their meaning	1 2 3	1 2 3
Scan while signaling and looking over my shoulder	1 2 3	1 2 3
Demonstrate how to signal and balance while turning	1 2 3	1 2 3
Locate and identify cycling hazards	1 2 3	1 2 3
Plan a bike trip	1 2 3	1 2 3



BICYCLING FOR FUN

Achievement Program

Certificate

I certify that

has successfully completed
the requirements of
Bicycle 1 *Bicycling For Fun* of the
Bicycle Adventures Achievement Program

Bicycle Helper _____

Date _____

*A bicycle photo of me
and my project helper*



First Gear

Bicycle Skill: Wearing protective equipment
Life Skill: Decision making
Educational Standard: [NASPE 5] Exhibits responsible behavior
Success Indicator: Selects bicycle safety equipment

BODY PROTECTION

Welcome, rider! Who do you know who wears a **helmet**, kneepads, elbow pads, gloves or shoes? Do football players wear them? How about construction workers?

Do you protect your head, elbows, knees, hands and feet when you bike? In this activity you'll discover all the equipment available to protect you.



Here are pictures of many things you could wear when riding a bicycle. Select the ones that you think will protect your body. Draw or cut and paste the gear on our rider.



***This bicyclist is ready to ride.
How many safety items can you find?***



BACKTRACK

GET ROLLING (Share)

- What **protective gear** do you use when you ride your bike?
- What is the best part about wearing protective equipment?

CRUISING (Process)

- What might happen if you ride your bike without your helmet?
- What might happen if you ride without kneepads, elbow pads or shoes?

SPINNING (Generalize)

- What other things can you wear while riding to protect you from getting hurt?
- How should you wear your clothing while biking?

FINAL LAP (Apply)

- What other safety equipment do people use when playing or working?
- How can you prevent shoelaces from getting caught in the bike chain?



- helmet
- protective gear



PROTECTIVE GEAR

There are different kinds of safety gear and lots of different styles and sizes. Just like when you buy a shirt or a pair of pants, you want to find the one that fits you best and is a color you like. Your bike safety gear will protect you from the kinds of injuries someone on a bike might get. If you fall off your bike, you would most likely injure your feet, your hands, knees, elbows and head. Shoes, gloves, knee and elbow pads and a helmet will not only help protect you but are brightly colored and cool to wear.



Your regular clothing can help protect you, too. Long sleeved shirts and pants may prevent skin scrapes. If you have baggy pant legs, put a leg band around them (or tuck them into your socks) so they don't get caught in the chain. How can you tie your shoe laces so they won't get caught in the bike chain?



PEDALING HARDER

1. With your bike helper, take a raw egg and wrap it in bubble wrap. Drop it off the top of your head. What happened? What would happen if you dropped the egg without the bubble wrap? Share the results with your helper.
2. Find a sporting goods catalog or visit a store that sells sporting goods equipment. Look at the different kinds of helmets, gloves and pads. What are the differences? How are they similar? How many different kinds of helmets are there? Which ones will fit you? Which colors do you like?

PROTECT YOUR NOGGIN

Bicycle Skill: Fitting a helmet
Life Skill: Communicating—demonstrating to others
Educational Standard: [NASPE 5] Exhibits responsible behavior
Success Indicator: Demonstrates how to fit a helmet

When you are riding your bike do you wear a helmet? Does it fit you? If you wear a ball cap backwards, it doesn't protect your eyes from the sun. It's the same with a helmet. In this activity you'll test several helmets to find one that fits you and protects your noggin the best.



Go to a bicycle shop or a store that sells bicycle helmets. Check several helmets until you find one that fits you correctly. Follow the steps in Pit Stop for selecting a helmet.

Demonstrate to another person who enjoys biking how to select the right helmet. List the points for selecting a helmet that you included in your demonstration.

SELECTING A HELMET

1. _____

2. _____

3. _____

Circle the helmet that fits properly.



BACKTRACK

GET ROLLING (Share)

- How were the helmets you tried different from one another?
- Why were some better than others for your head?

CRUISING (Process)

- What might happen if your helmet doesn't fit right?
- What did you learn about your helmet?

SPINNING (Generalize)

- In what other activities do you need to make sure the equipment fits properly?

FINAL LAP (Apply)

- What will you do with your helmet each time before you ride?



SELECTING A HELMET

Find a helmet that is made for a bicyclist and is approved by the **CPSC**. Make sure it's about the same size as your head.

Put the helmet on your head. Do not fasten the strap yet. It should be level on your head with space for about "two fingers" on your forehead.

Shake your head. Does your helmet stay on or fall off? If it falls off, insert soft pads in the front and back to make the helmet fit more snugly.

Buckle the chinstrap. Make sure it's tight enough to keep your helmet from slipping forward over your face or backward off your forehead. You should be able to slip only two fingers under your chinstrap. The V of the **ear straps** should meet just below your ear with no slack.



DID YOU KNOW?

About **75** percent of bicycle-related fatalities among children could be prevented with a bicycle helmet.

PROTECTING YOUR HELMET

- When not using your helmet, keep it stored in a safe place.
- Put it in a place where nothing can drop on it.
- Keep it in a cool spot.
- Be sure to put your name and address in your helmet.

REPLACING A HELMET

Replace a helmet after you have had a crash. Even if the helmet looks OK, the inner shell may have been crushed or damaged and must be replaced.

Ask your bike helper to inspect the helmet with you.



PEDALING HARDER

1. Help another person fit a helmet.
2. Tell others what the law is about wearing helmets where you live.