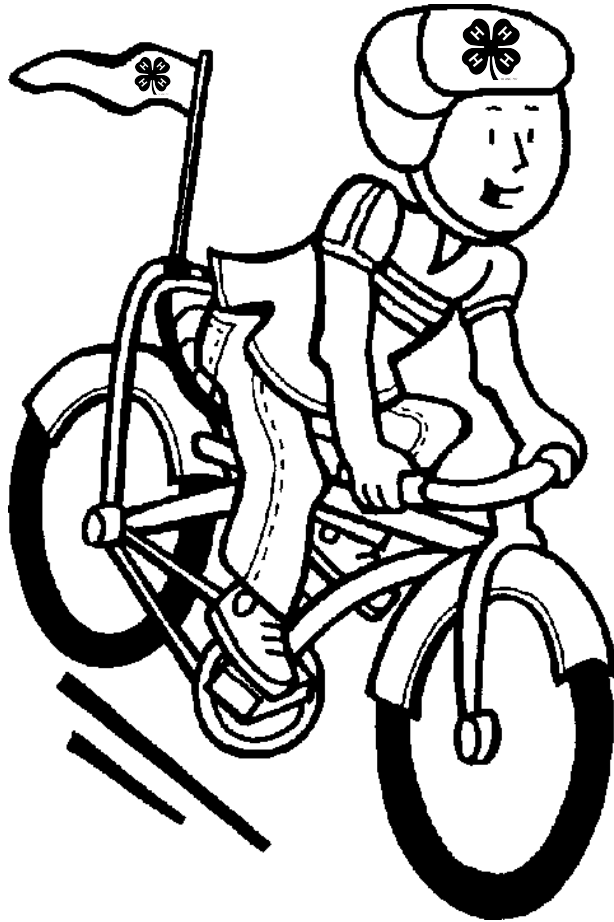


Mini 4-H

BICYCLE



Draft Developed by:

Purdue University Cooperative Extension Service
Area 7 4-H Youth Development Educators from
Blackford, Delaware, Fayette, Franklin, Henry, Jay,
Madison, Randolph, Rush, Union, & Wayne counties

Indiana Academic Standards

Indiana Academic Standards in this manual:

Physical Education

- Kindergarten
 - K.1 Students begin to develop fundamental movements and basic body management competence. They observe, practice, demonstrate, and compare fundamental movements while learning to control their bodies in relation to other individuals and independent objects.
 - K. 2 Students develop movement and vocabulary, and use terminology accurately. Students apply movement concepts to motor skills, responding appropriately to direction (front/back, side/side, left/right, high/low), personal and general space, effort and force (hard/soft), and speed and flow (fast/slow).
- First Grade
 - 1.1 Students move using locomotor (run, walk, jump, gallop, etc.) and non-locomotor skills (bend, twist, turn, etc.). They move to rhythm, demonstrate balance, and have the ability to jump, climb, and roll. They manipulate objects in a variety of ways.
 - 1.2 Students are capable of distinguishing differences in tempo, force, and direction during movement.
- Second Grade
 - 2.5 Students continue to learn and apply acceptable behavior which demonstrates an understanding of rules and directions, safety practices, and working cooperatively with others.



Mini 4-H Parent's Page



Welcome to the Mini 4-H Program! Mini 4-H is designed for youth to explore a variety of project areas.

Your child received this project manual when enrolling in Mini 4-H. This manual will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H and their interest in this project.

As a Mini 4-H parent, your job will be to guide and encourage your child through the activity. It is highly suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is "learn by doing" and is the best educational tool that we can provide for youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based upon information within this manual.

The 4-H Fair is an exciting time for 4-H members and families. It is a time that allows community youth to showcase their talents, interests, and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

If you have any questions regarding Mini 4-H or other 4-H programs, please contact your local Extension Office.



Mini 4-Her's Page



Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person.

Mini 4-Hers have lots of fun! There are lots of activities for you to explore. You can try new things. You can share it with your friends and family.

Mom, Dad, or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for Mini 4-Hers.

Things to Know About 4-H

The 4-H Symbol:

A four-leaf clover with an "H" in each leaf.

The 4-H Colors:

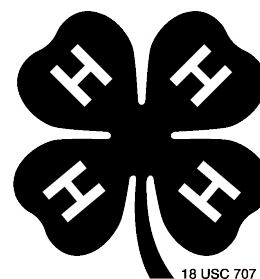
Green and white

The 4-H Motto:

To make the best, better.

The 4-H Pledge:

I pledge my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service, and
my HEALTH to better living, for my club,
my community, my country, and my world.



Pedal Power!

The bicycle is the simplest, most economical, and most efficient method of transportation. Its simplicity is amazing — two wheels, pedals, a chain and sprocket, a frame, a seat, and handlebars! The uses of the bicycle are endless, from recreation to transportation.

Bicycle riding is the outdoor activity popular with children and adults. Youth need to know rules of the road, proper hand signals, and how to choose an appropriate bike size to gear up for wise



biking fun. Safe kids are no accident!

Bicycle riding is good exercise. It gets children out in the fresh air and it helps build strong arms and legs.

Bicycles are fast transportation. They get you where you want to go quicker and easier than walking. Youth can ride their bikes to school, the store, the park, or the swimming pool, or they can take trips on their bikes around town and across country. They can also play games on their bicycles.



Joke Time!

Why can't a bicycle stand up by itself?

Because it's two-tired!
(too tired)





Rider Responsibilities



Each rider has responsibilities. They must know how to: ride correctly, follow safety rules, obey traffic laws, take care of their bicycle, and respect the rights of others.

The law says bikes are not toys. Bikes are vehicles, just like cars and trucks. Children must learn the rules of safe riding and obey them. Children need to become familiar with bicycle safety devices required for their bicycles and need to learn the "Rules of the Road" for their safety. These are included in the activities.

Bicycles are made for many years of service if they are taken care of properly. If kept clean and oiled, a bicycle will withstand wear from everyday use. Major bicycle repairs should be made by a skilled mechanic.

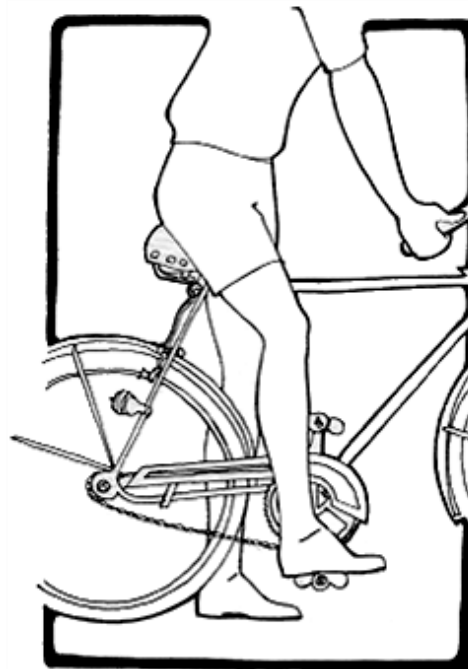
Topics covered in this manual:

- Choosing a bike
- Bicycle maintenance
- Knowing and obeying traffic rules
- Recognizing road hazards
- Importance of helmets for safety.

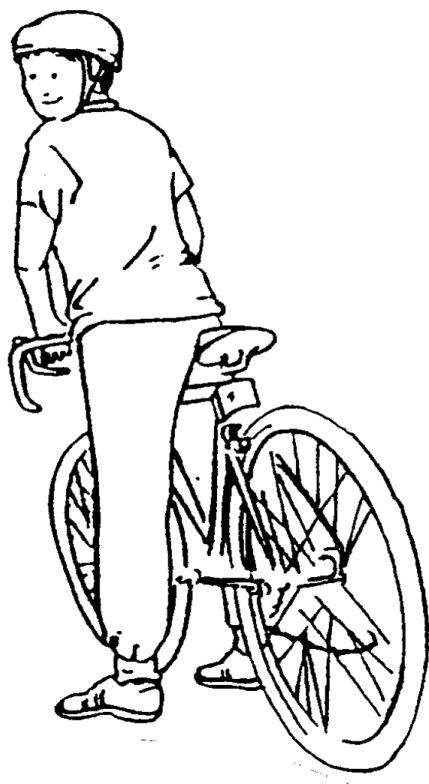


Choose a Bike to Fit

When choosing a bike, you should be able to place the bottoms of your feet on the ground while you are seated on the bike. Your bicycle dealer can help make sure your bicycle fits you well. A bicycle that does not fit well is hard to ride.



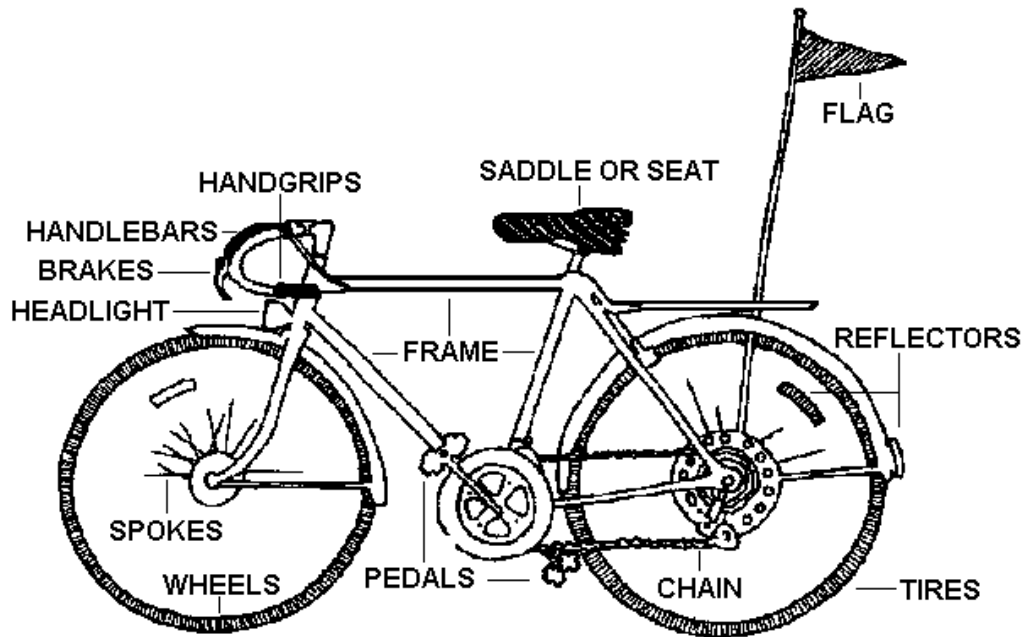
Correct saddle height



If your bike has a crossbar, you should be able to straddle it with both feet flat on the ground and still have one inch clearance.

Activity 1 — Parts of a Bike

You need to learn the parts of your bike and always make sure they are in good condition before riding your bike. Accidents happen when a part of your bike is not working properly.



Let's Review!

Unscramble the words to find the bike parts shown above:

reTi _____	Bkera _____
kopeS _____	delaP _____
tSea _____	spirG _____
leheW _____	dlebaranH _____
hniaC _____	letorcfr _____

Correct answers on page 20.

Activity 2 – Safety Check

You should do a weekly bicycle safety check. Your inspection will be easier if you look at the front and rear of the bike separately. Check off each item as you inspect your bike.

BICYCLE CHECKLIST FOR SAFETY		
	Yes	No
<u>Handlebars</u>		
Are they tight?.....	<input type="checkbox"/>	<input type="checkbox"/>
Grips on each handle?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Tires</u>		
Are they firm to the touch?.....	<input type="checkbox"/>	<input type="checkbox"/>
Check for cuts, cracks, or bulges	<input type="checkbox"/>	<input type="checkbox"/>
<u>Wheels</u>		
Are there loose or broken spokes?.....	<input type="checkbox"/>	<input type="checkbox"/>
Are screws tight?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Brakes</u>		
Do they work smoothly?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Chain</u>		
Is it well-oiled?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Seat</u>		
Is it secure, not wobbly?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Reflectors</u>		
Are there front and rear reflectors?.....	<input type="checkbox"/>	<input type="checkbox"/>
Are they on tightly?.....	<input type="checkbox"/>	<input type="checkbox"/>
Are they clean – no cracks?.....	<input type="checkbox"/>	<input type="checkbox"/>

Activity 3 – Traffic Signs

Learn traffic signs and signals and obey them!

Draw a line to match the definitions on the right to the correct sign on the left.

YIELD: Slow down and stop if necessary. Wait for any cars or people to pass.

ONE WAY: Bikes must follow the correct direction just like cars.

PEDESTRIAN CROSSING: Slow down. Watch out for children. You should always let children and adults pass.

DO NOT ENTER: Keep out. Very dangerous.

STOP: Look to the right then left, then back to the right before proceeding.

RAILROAD CROSSING: Be sure to stop. Obey crossing signals. Always look both ways and then proceed with caution.



Correct answers on page 17.

Activity 4 – Hand Signals

Hand signals tell others in what direction you plan to go. Always use hand signals when you plan to turn left, turn right, or stop.



Left turn



Right turn



Stop or slow

Activity: Draw the arms of each rider to help them make the turn written below.



Stop or slow



Left turn



Right turn

Can you decode this important safety message?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
🎵	👂	🎧	📱	▶	🔒	🚗	👂	🔒	🚲	📱	👉	🕒	📧	▶	⚡	🔧	☀️	❤️	📱	📞	✍️	🕒	●	👤

📱	☀️	▶	●	📧	📱	🔧	📱	▶	🔒	❤️	👂	🎵	🕒	📱	❤️	📧	☀️	🔒	🚗	🕒	🎵	📱
---	----	---	---	---	---	---	---	---	---	----	---	---	---	---	----	---	----	---	---	---	---	---

Activity 5 – Bike Safety Search

Find the words we have used to learn about bicycles and riding safely.

B R A K E H T B D S
 R E C R E A T I O N
 T F S I G N A L S G
 C L E A R D Y P S I
 H E A H E L M E T S
 A C T J N E L O C K
 I T N U R B I L H N
 N O F H S A F E T Y
 P R W T I R E S R I
 W H E E L S L H B N

BRAKE

CHAIN

FUN

HANDLEBARS

HELMETS

LOCK

RECREATION

REFLECTOR

SAFETY

SEAT

SIGNALS

SIGNS

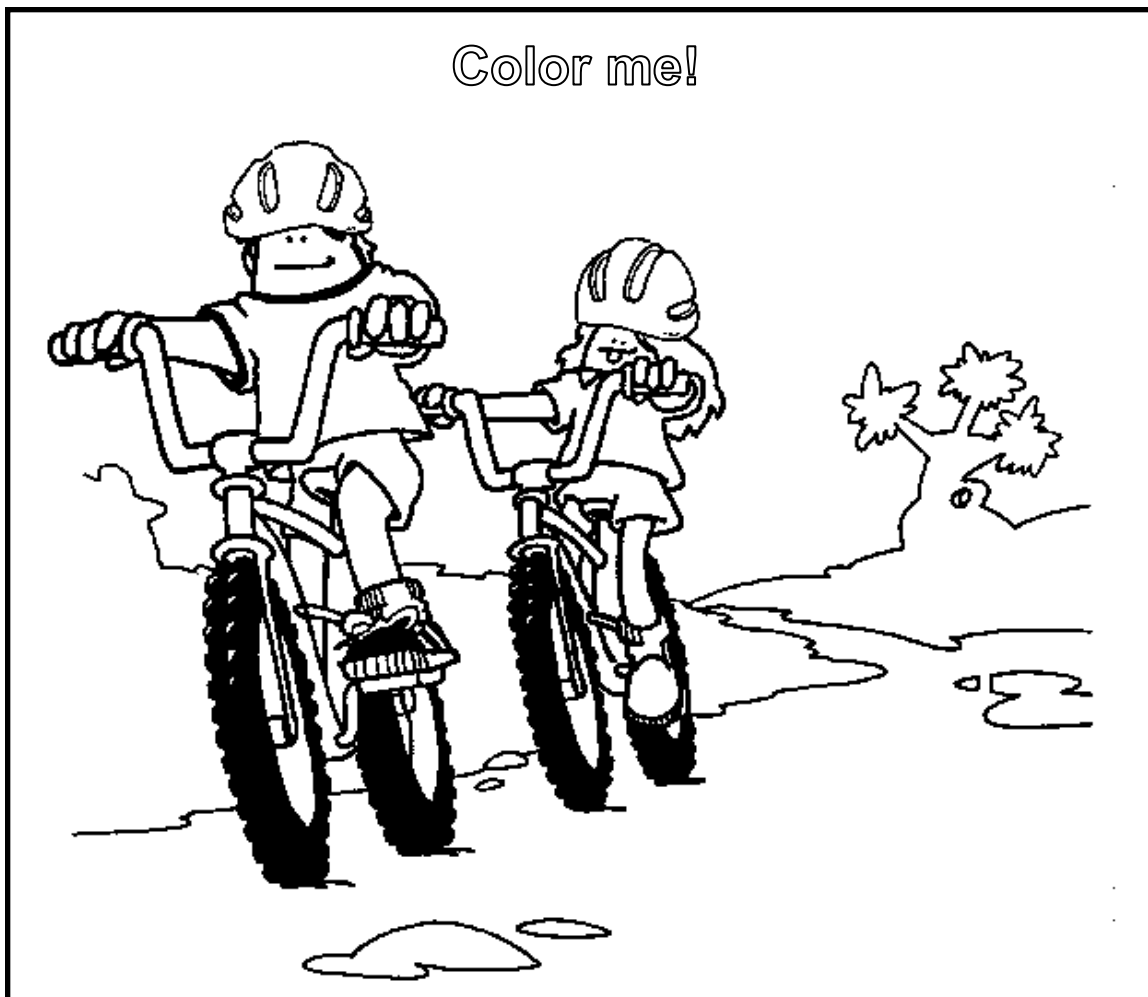
TIRES

WHEELS

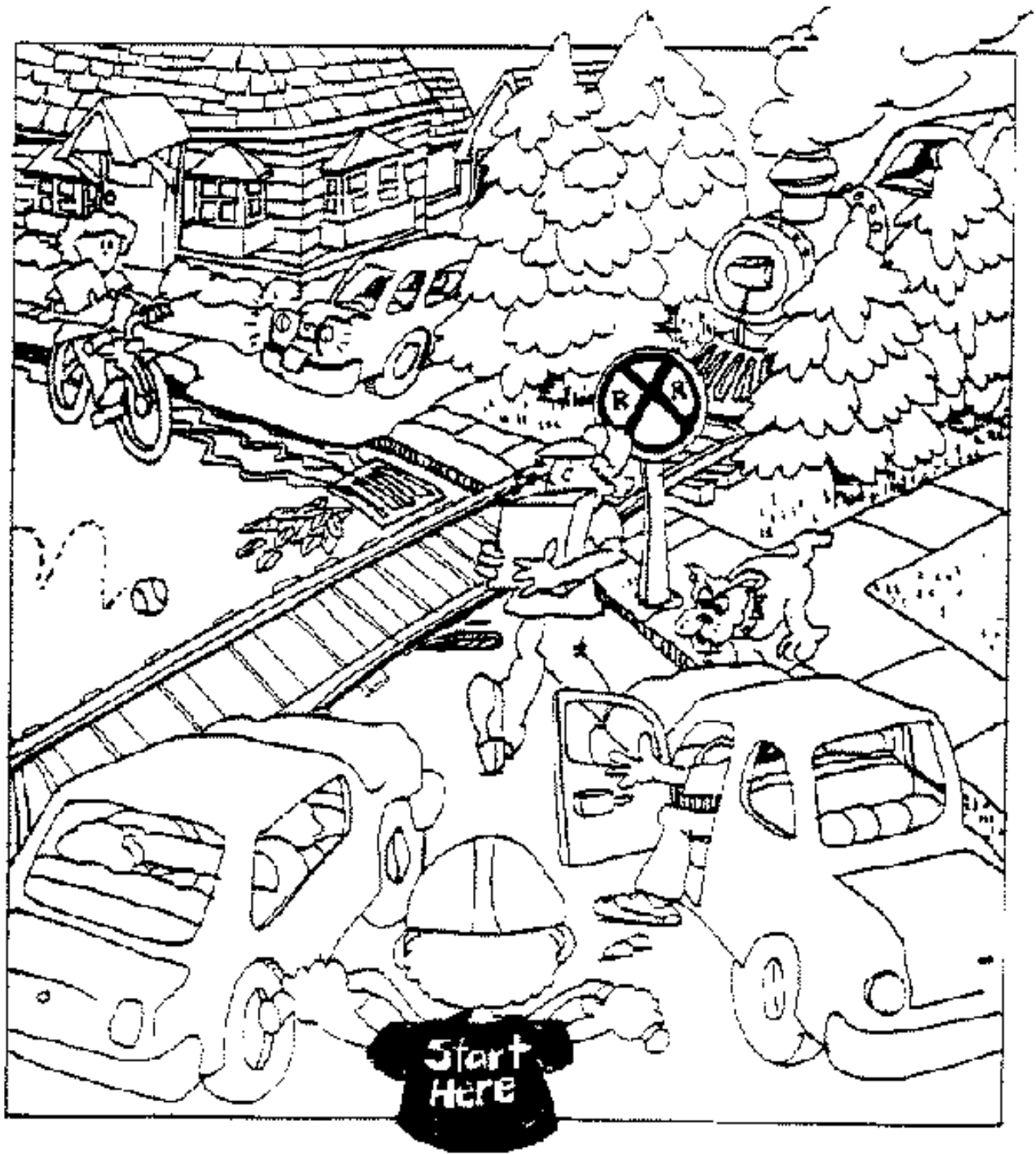


Activity 6 – Be Aware of Traffic

- Stop, look, and listen before entering a street from a sidewalk, driveway, or alley. Drivers may not see you.
- Avoid busy streets whenever you can.
- Be ready to put on the brakes at intersections.
- Get off and walk your bike across busy streets, inside the white lines.
- Stay on the right side of the street, close to the curb. Move with traffic and watch for parked cars turning out or doors opening suddenly.



Can you find the things in this picture that could cause an accident?



Activity 7 – Rules of the Road

Stay to the Right. A good bike rider always rides at the right-hand edge of the road. Travel in single file when riding with others. Follow a full bike’s length behind, and if you are in front, don’t turn around to talk to your friends.

Never zig-zag. Always ride in the same direction as the cars.

To decode this important safety tip, put the next letter in the alphabet over each dash. The letter “A” has been done for you.

Q H C D Z K D Q S!
 _ _ _ _ **A** _ _ _ _

J D D O X N T Q G D Z C T O
 _ _ _ _ _ _ _ _ _ _ **A** _ _ _



Joke Time!

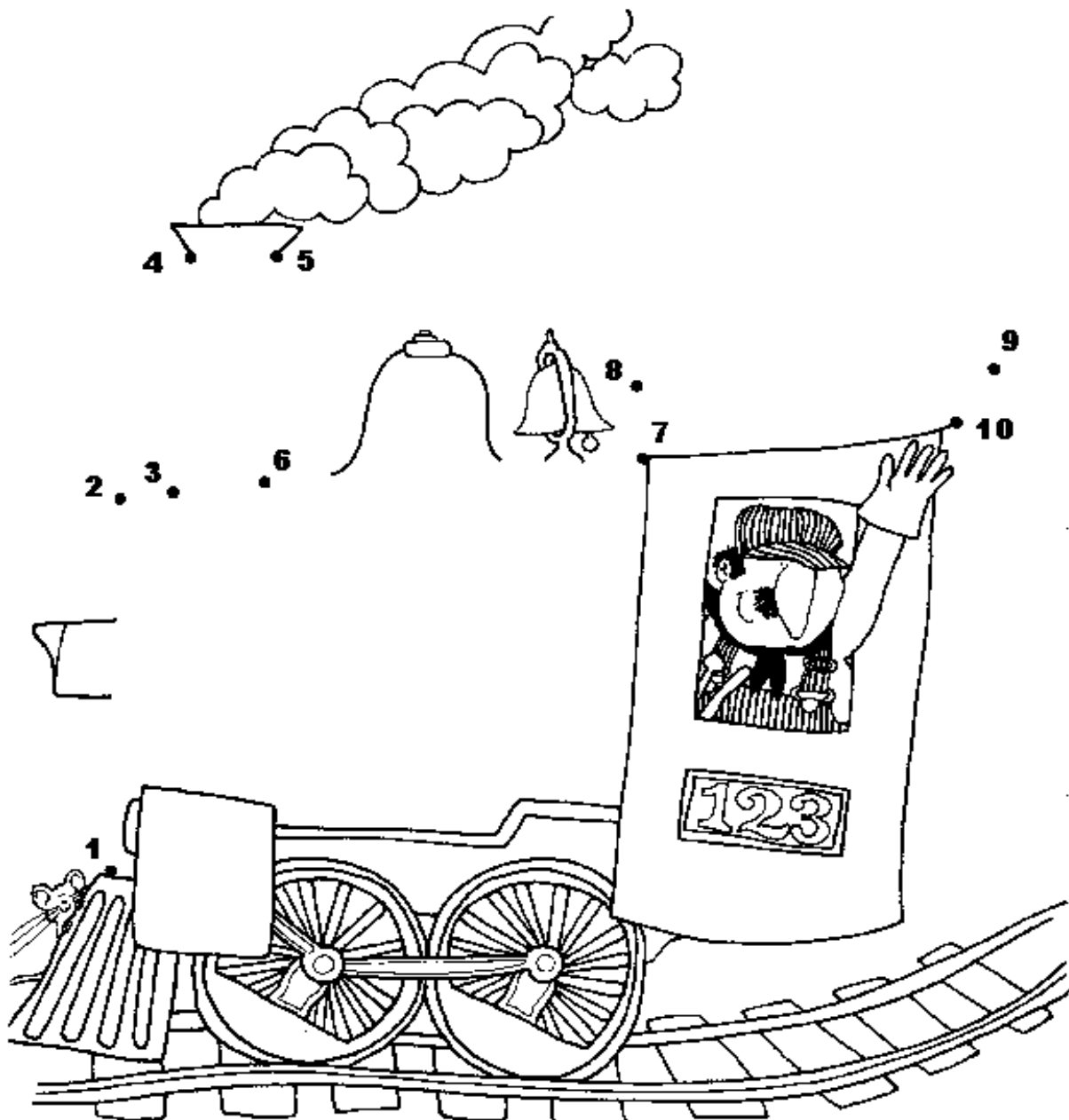
What is the hardest part of learning to ride a bicycle?

The pavement!

Activity 8 – Rules of the Road

You and your friends were riding down the road when something big and shiny went by.

Connect the dots



Activity 9 – Wear a Helmet!

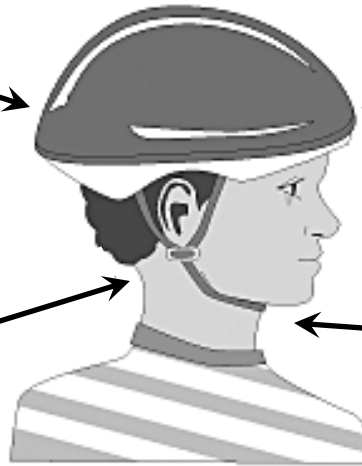
Always wear a helmet. The strap should always be closed when you are riding your bike. Your helmet should also fit right. Here are some hints how to wear your helmet.

Fitting a Bicycle Helmet

It should fit snugly and can be fine-tuned by using thinner or thicker removable foam pads inside.

A bicycle helmet should sit low on the forehead, just above the eyebrows.

The two side plastic pieces on the straps should fit just under the ears.

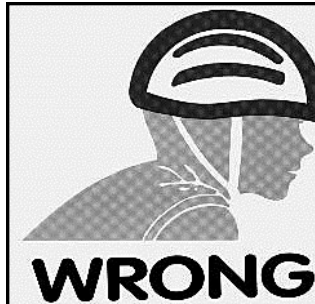


The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must ALWAYS be buckled.

For a final check, gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any direction.

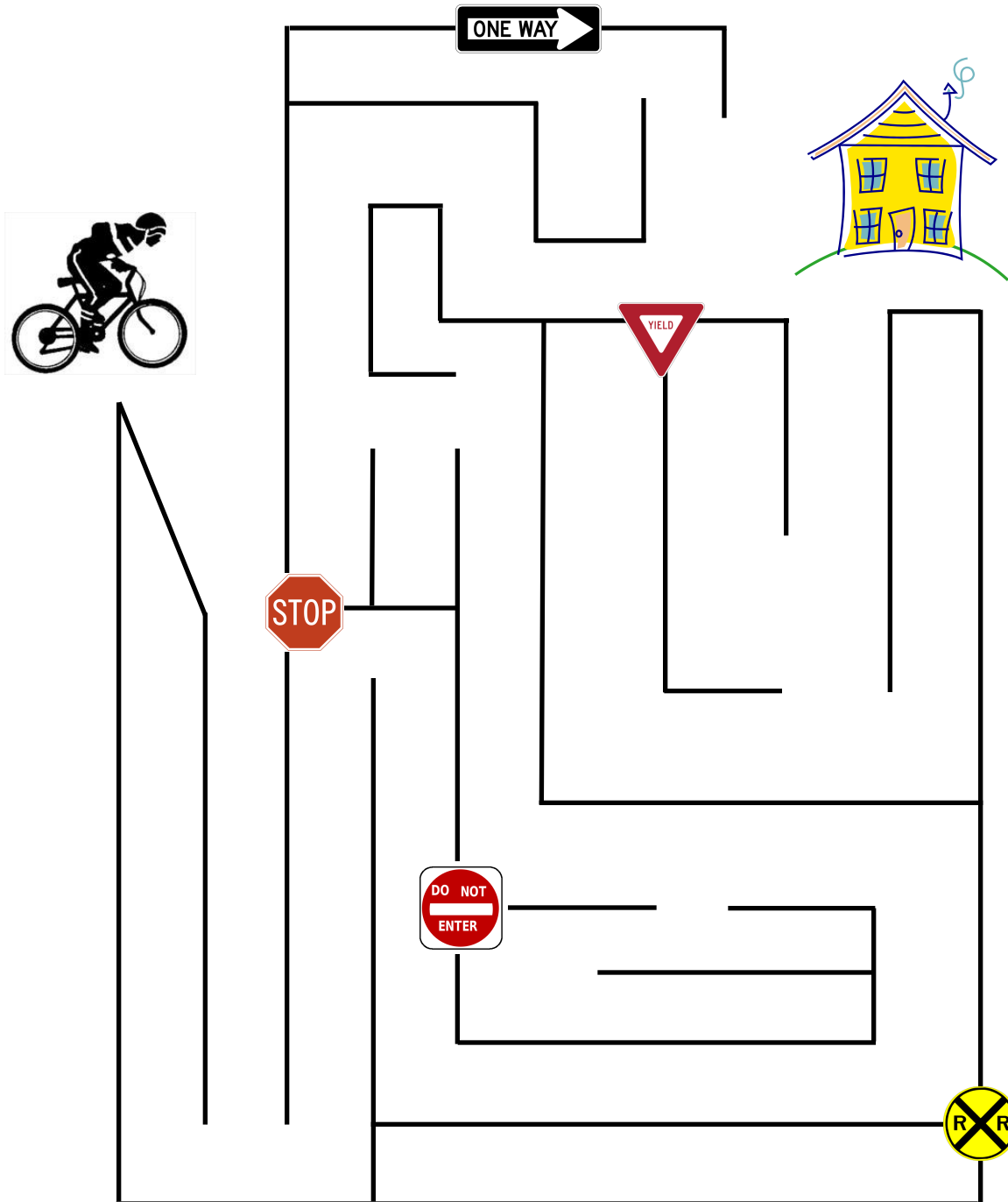


Information provided by the Contra Costa Childhood Injury Prevention Coalition



Activity 10 — Bike Maze

Walk — don't ride — across busy streets.
Can you help this rider get home?





What to Exhibit

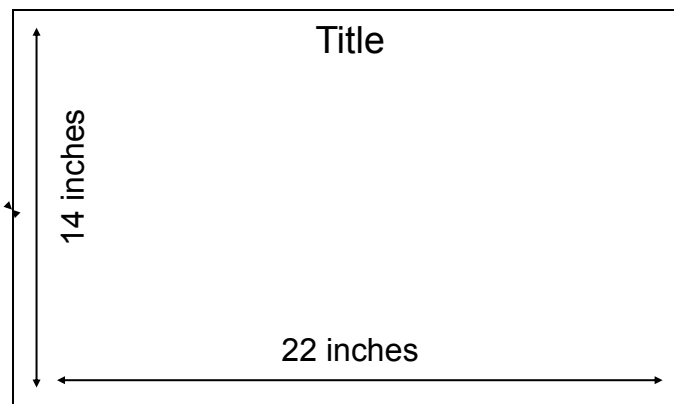


Here is a list of projects that can be shown at the 4-H Fair. Pick *one* of the projects you would like to exhibit at the fair. You do not need to make the projects in any special order. If you have any questions about your projects, please call your leader or the County Extension Office. There are people there who can help you.

1. Choose one of the activities in the manual to base your exhibit on. Next year choose a different exhibit.

2. Poster suggestions:

- Poster board 14" x 22" should be displayed horizontally, as shown here.
- A title should be at the top of the poster.
- Poster should have stiff backing & be covered with clear plastic.



Sample poster

3. Poster ideas:

- Draw a picture of you and your bike based on one activity in this manual.
- Take a picture of you and your bike. Add a picture of: traffic signs, ways you use your bicycle, rules of the road, bicycling is fun, or labeling bike parts.
- Draw a picture or take a picture of your bicycle helmet. Tell why it is important to wear a helmet.
- Decorate your bicycle as though it were going to be in a parade. Have pictures taken of you with your decorated bicycle and use them for your exhibit.
- Plan a short trip to the grocery store, to a friend's house, etc. Make a map showing your route. Draw traffic signs, speed limits, danger points, corners, one-way streets, etc. Include a picture of yourself with your bicycle, things you need for your trip, and anything else you can imagine for your exhibit.

- Write a story about you and your bicycle. Include all the things you and your friends can do with your bicycles. You may want to add pictures to decorate your exhibit.

For more information on how to label your project, when to enter it in the Fair, and where the project needs to go, contact your County Extension Office.



HAVE FUN!

Answers, Page 8:

Tire	Brake
Spoke	Pedal
Seat	Handlebar
Wheel	Grips
Chain	Reflector

Answers, Page 15:

Use your left hand to signal.

Answers, Page 11:

Ride alert!
Keep your head up.

Answers, Page 10:



Railroad Crossing



One-Way



Do Not Enter



Yield



Pedestrian Crossing



Stop

2009 Reviewed and Edited by Area 7 Extension Educators

Rae Ann O'Neill, CED, 4-H/Youth Development, Blackford County
Rich Chalupa, 4-H/Youth Development, Delaware County
Bethany Ratts, 4-H/Youth Development, Henry County
Jane Richard, 4-H/Youth Development, Delaware County
Jonathan Ferris, CED, AgNR, 4-H/Youth Development, Fayette County
Cindy Hartman, CFS, 4-H Youth Development, Fayette County
Angie Riffle, CED, 4-H Youth Development, Franklin County
Cara Kobza, 4-H Youth Development, Jay County
Gary Simmons, 4-H/Youth Development, Madison County
Beth Leonhard, 4-H/Youth Development, Madison County
Laura Mickler, CFS, 4-H/Youth Development, Randolph County
Dan Kirtley, CED, AgNR, 4-H/Youth Development, Randolph County
Kristie Amos, CED, 4-H/Youth Development, Rush County
Jennifer Logue, CED, AgNR, 4-H/Youth Development, Union County
Debra Searcy, CED, 4-H/Youth Development, Wayne County

Original Compiled by

Debra Searcy, Extension Educator, CED, 4-H/Youth Development
Carolyn Miner, 4-H/Youth Development, Delaware County
Purdue University Cooperative Extension Service

2009 Resources and References

Bicycling for Fun & Safety, Indiana Bicycle Coalition
Exploring 4-H, Purdue Cooperative Extension Service
Mini 4-H Manual, Delaware County
Mini 4-H Manual, Madison County

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