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 in this manual:
Physical Education

• Kindergarten
  o 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.
  o 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
  o 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.
  o 1.2 Students are capable of distinguishing differences in tempo, force, and direction during movement.

• Second Grade
  o 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.
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.
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, two 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!

Bike riding is good exercise. It gets children 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.

Bike 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.

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  _____________  letorcfRe  ________________

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Handlebars</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are they tight?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Grips on each handle?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Tires</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are they firm to the touch?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Check for cuts, cracks, or bulges</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Wheels</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are there loose or broken spokes?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are screws tight?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Brakes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do they work smoothly?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Chain</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is it well-oiled?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Seat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is it secure, not wobbly?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Reflectors</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are there front and rear reflectors?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are they on tightly?</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Are they clean — no cracks?</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
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

Can you decode this important safety message?
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 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.

<table>
<thead>
<tr>
<th>Q</th>
<th>H</th>
<th>C</th>
<th>D</th>
<th>Z</th>
<th>K</th>
<th>D</th>
<th>Q</th>
<th>S!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>A</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>J</th>
<th>D</th>
<th>D</th>
<th>O</th>
<th>X</th>
<th>N</th>
<th>T</th>
<th>Q</th>
<th>G</th>
<th>D</th>
<th>Z</th>
<th>C</th>
<th>T</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>A</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
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.

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
- Spoke
- Seat
- Wheel
- Chain

**Answers, Page 10:**
- Brake
- Pedal
- Handlebar
- Grips
- Reflector

**Answers, Page 15:**
- Use your left hand to signal.

**Answers, Page 11:**
- Ride alert!
- Keep your head up.

- 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

January 1998
Revised, November 1998
Revised, January 2009

Permission was granted from the Indiana Bicycle Coalition and Purdue Cooperative Extension Service to reprint graphics and educational content from their publications.

PURDUE AGRICULTURE

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to sex, religion, color, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.
Purdue University is an Affirmative Action institution. This material may be available in alternative formats.