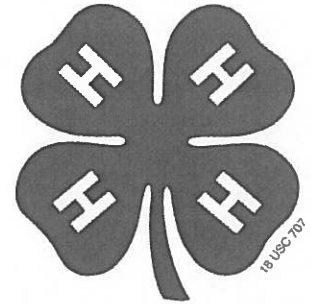


**PURDUE**  
EXTENSION

**LOCAL FACES**  
COUNTLESS CONNECTIONS



# Mini 4-H

# BICYCLE



An Introduction to 4-H for Youth in Grades K, 1 & 2

Developed by Purdue Extension—Elkhart County

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Purdue Cooperative Extension Service

Vanderburgh County Office

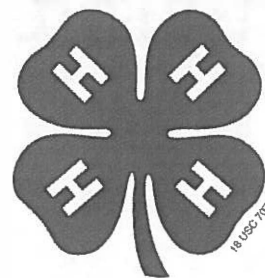
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# **OUR STAFF**

# Mini 4-H Helper's Page



Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.


Children receive this project activity manual when they enroll in Mini 4-H. This manual, and the manuals on various other topics, will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly 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. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the fair. The fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their home.

Mini 4-H is fun! Children will certainly enjoy it! You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension Office in your county.

# Helper's Tips



The Mini 4-H program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children.
- **Relax and have fun.** Some children will want to finish their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished product should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage the children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the most difficult, what was the easiest, and what they liked the most.

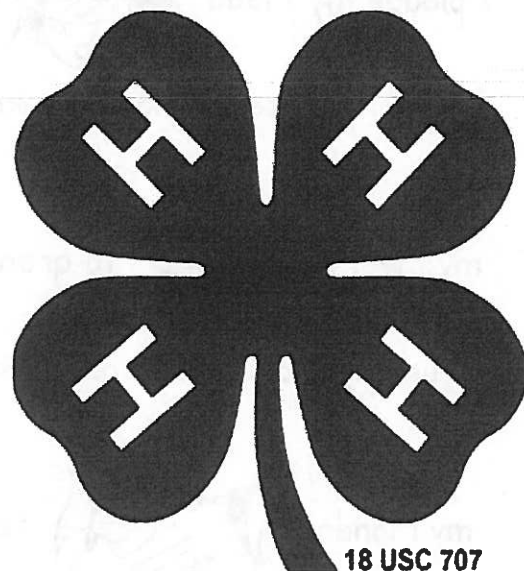
This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills.

# Mini 4-H'ers Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H:

**The 4-H symbol** is a four-leaf clover with an "H" in each leaf. Clover is plant that grows in fields, yards, and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



**The 4-H colors** are green and white. The four-leaf clover is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. **The 4-H motto** is "To make the best better." When something is better than all of the others, it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before, there are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.


# The 4-H Pledge

---


A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.

I pledge my **Head**  to clearer thinking.

I promise to use my head to make good choices.

my **Heart**  to greater loyalty.

to use my heart to be a good friend.

my **Hands**  to larger service, and

to use my hands to do helpful things for others.

my **Health**  to better living,

to take care of my body and to show others how to live in a healthy way.

for my club, my community,  my country, and my world.

to help my group, my community, my country, and my world be happy and safe for everyone.



# Bicycles – Pedal Power



## INTRODUCTION

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 & 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 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 bike to school, the store, the park, the swimming pool, or take trips on their bike around town and across country. They can also play games on their bicycle.

Each rider has responsibilities, too. 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. If kept clean and oiled, a bicycle will withstand much wear from everyday use. Major bicycle repairs should be made by a skilled mechanic.

Topics covered in this manual:

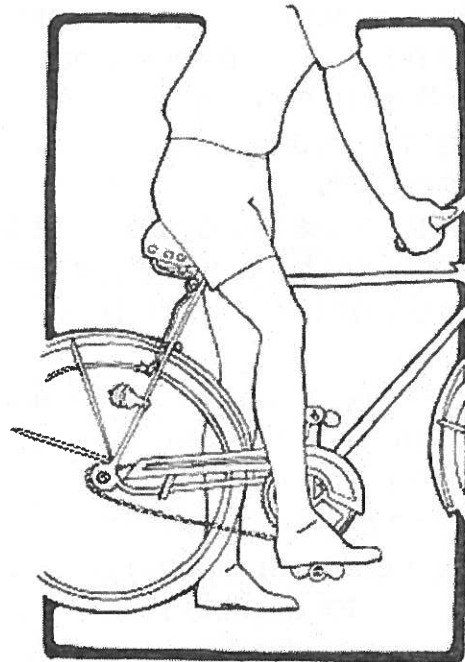
- \*choosing a bike,
- \*bicycle maintenance,
- \*knowing and obeying traffic rules,
- \*recognizing road hazards.
- \*importance of helmets for safety.



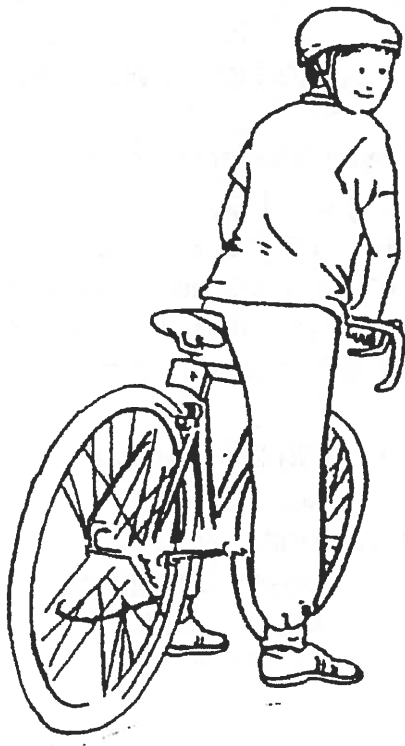
## Choose a Bike to Fit



When choosing a bike you should be able to place the bottom of your feet on the ground while seated. 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.







## What is Bicycling?

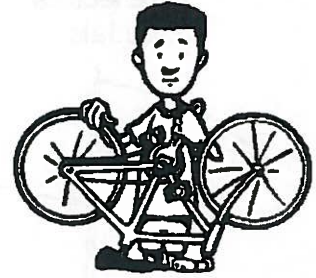
A bicycle can take you places, help keep you physically fit, help you have fun with your friends, help you earn money and can be used for many safe and fun games and activities. Riding a bicycle is a big responsibility. This project will help you learn how to ride your bicycle safely.



### ACTIVITY 1 – PARTS OF A BICYCLE

#### Materials needed for this activity:

an adult to help you check out your bicycle for safety  
activity sheet  
pencil



#### What you will do:

1. Read about the important parts of your bicycle.
2. Look at the parts on your bicycle to check that they are properly adjusted for safety. Have an adult help you.
3. Check out what you learned by completing the activity sheet.

### CARING FOR PARTS OF A BICYCLE

**Coaster or hand brakes** - Have adjusted by a reliable dealer.

**Saddle or seat** – Adjust height so your leg bends only slightly with the ball of your foot on the pedal at the bottom stroke. Tighten.

**Spokes** – Replace broken ones promptly. Keep them tight.

**Reflector** – Must be visible for 300 feet and be state approved for night riding.

**Chain** – Check for damaged links and a snug (not tight) fit. Clean frequently and lubricate with light oil.

**Handlebars** – Adjust for your comfort.

**Light** – Must be visible for 500 feet for night riding.

**Front and back wheels** – Should be lined up so they will not wobble.

**Tires** – Inflate to correct pressure. Check frequently.

## Parts of a Bicycle

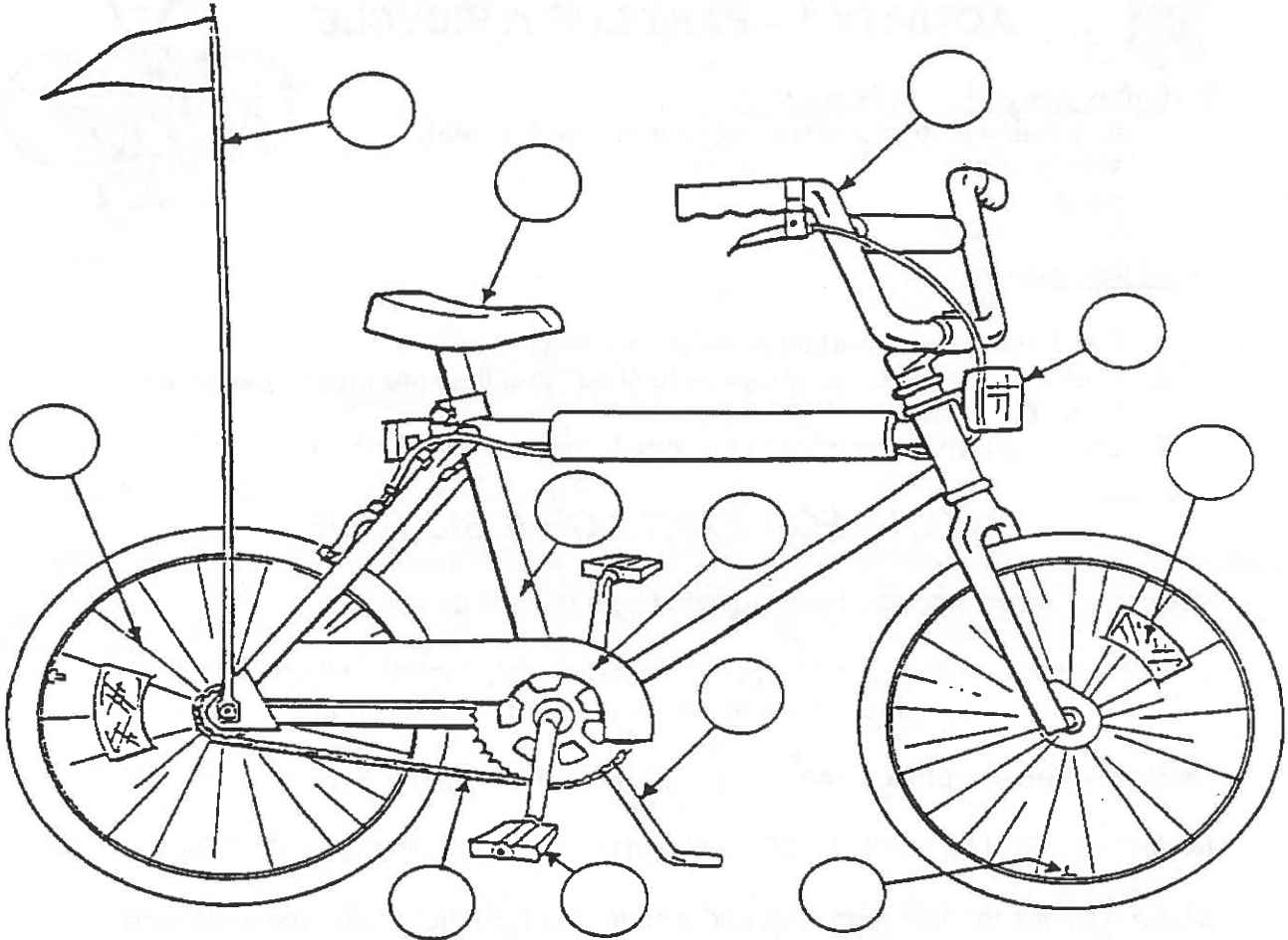
Directions: Using the words below, write the number of each bicycle part in the circle pointing to that part on the bicycle.

1. flag
2. reflectors
3. pedals

4. headlight
5. valve stem
6. chain

7. chain guard
8. spokes
9. frame

10. kick stand
11. seat
12. handlebars



### What did you learn?

Name one part on a bicycle that needs to be check frequently. \_\_\_\_\_

\_\_\_\_\_

How high should the saddle or seat on a bicycle be? \_\_\_\_\_

\_\_\_\_\_



# Safety Check

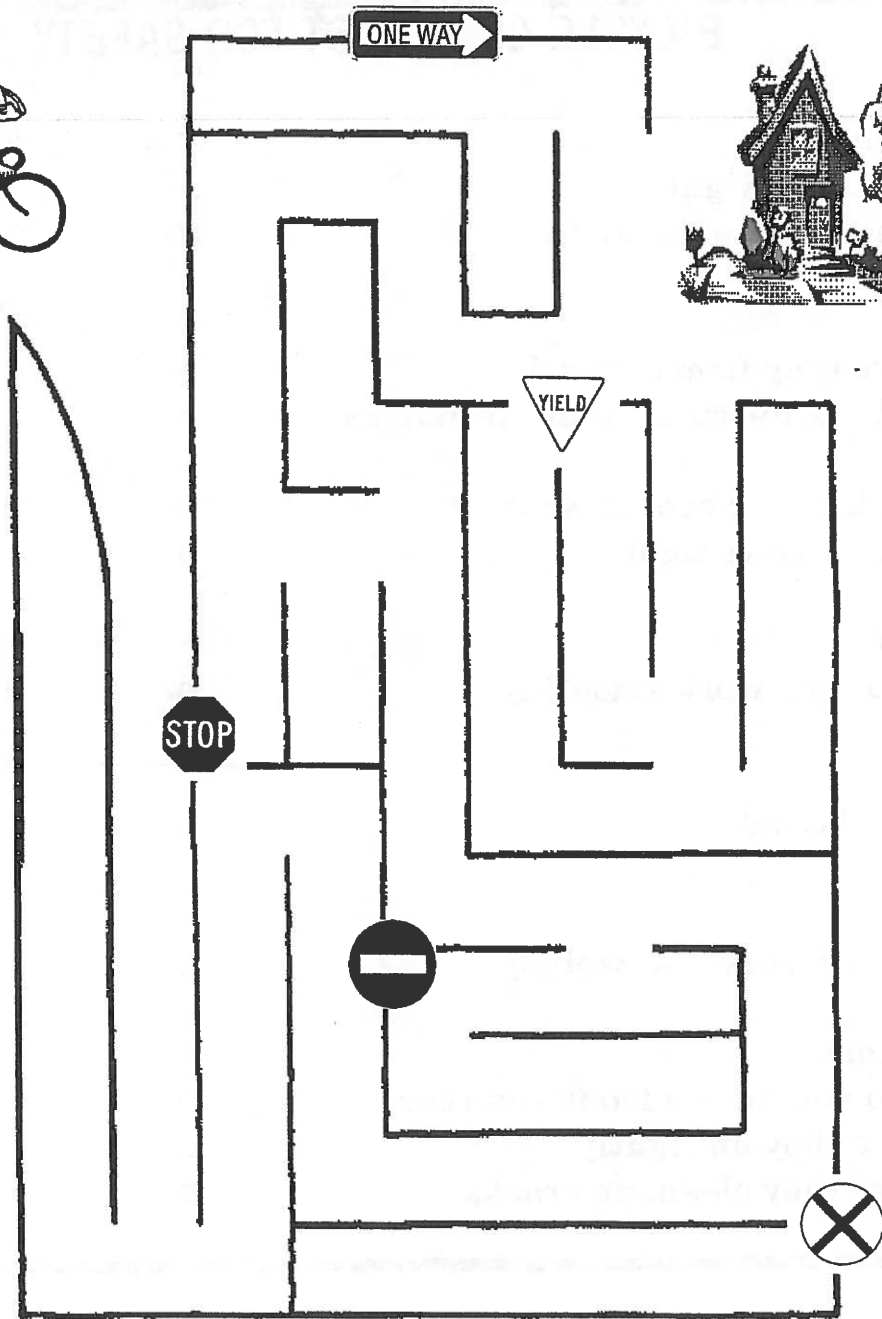
You should do a weekly bicycle safety check. Your inspection will be easier if you look at the front and rear of the bike separately. Check off each item as you inspect your bike.

## BICYCLE CHECKLIST FOR SAFETY

	Yes	No
<b>Handlebars</b>		
! Are they tight	<input type="checkbox"/>	<input type="checkbox"/>
! Grips on each handle	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tires</b>		
! Are they firm to touch	<input type="checkbox"/>	<input type="checkbox"/>
! Check for cuts, cracks or bulges	<input type="checkbox"/>	<input type="checkbox"/>
<b>Wheels loose or broken spokes</b>	<input type="checkbox"/>	<input type="checkbox"/>
! Are screws tight	<input type="checkbox"/>	<input type="checkbox"/>
<b>Brakes</b>		
! Do they work smoothly	<input type="checkbox"/>	<input type="checkbox"/>
<b>Chain</b>		
! Well oiled	<input type="checkbox"/>	<input type="checkbox"/>
<b>Seat</b>		
! Is it secure; not wobbly	<input type="checkbox"/>	<input type="checkbox"/>
<b>Reflectors</b>		
! Do you have a front and rear	<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"/>

# Bike Maze

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





# Obey Traffic Signals

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. Correct answers on page 17.

1. YIELD: Slow down and stop if necessary. Wait for any cars or people to pass.
2. ONE WAY: Bikes must follow the correct direction just like cars.
3. PEDESTRIAN CROSSING: Slow down. Watch out for children. You should always let children and adults pass.
4. DO NOT ENTER: Keep out. Very dangerous.
5. STOP: Look to the right then left, then back to the right before proceeding.
6. RAILROAD CROSSING: Be sure to stop. Obey crossing signals. Always look both ways and then proceed with caution.

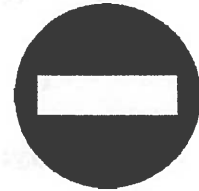
A.



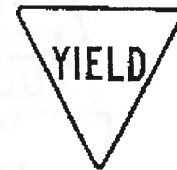
B.



C.



D.



E.



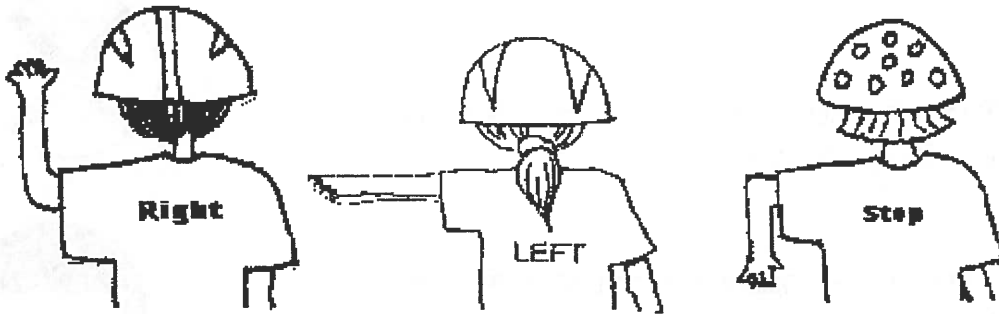
F.



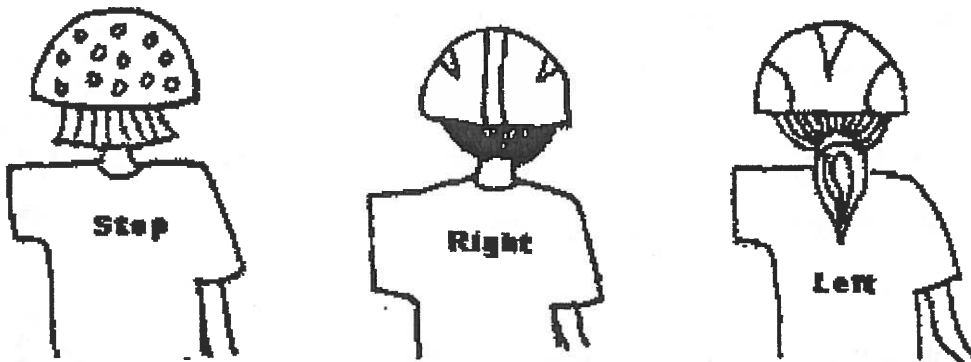


# Hand Signals

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.



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



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 Z

-----



## Be Aware of Traffic

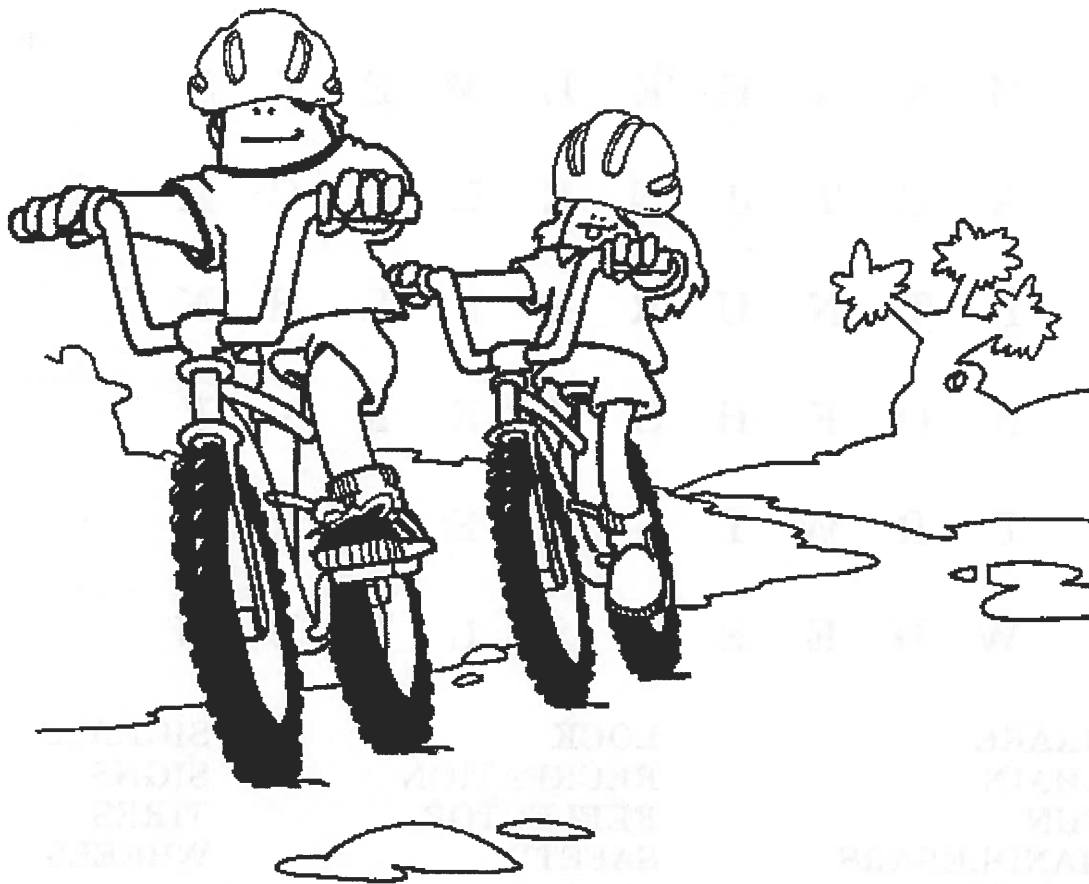
Stop, look and listen before entering a street from a sidewalk, driveway or alley. Drivers may not see you.

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.



Color Me!



## 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  
HELMET

LOCK  
RECREATION  
REFLECTOR  
SAFETY  
SEAT

SIGNALS  
SIGNS  
TIRES  
WHEELS





# Rules of the Road

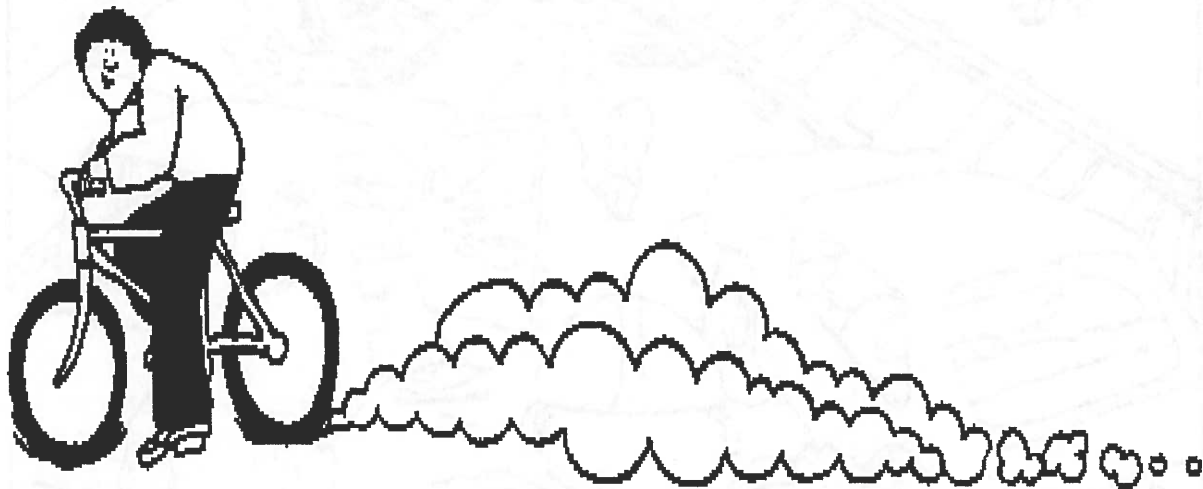
Stay to the Right. A good bike rider always rides at the right hand edge of the road. Travel in single file when riding with others. Follow a full bike's length behind, and if you are in front don't turn around to talk to your friends.

Never zig-zag. You always want to ride in the same direction as the cars.

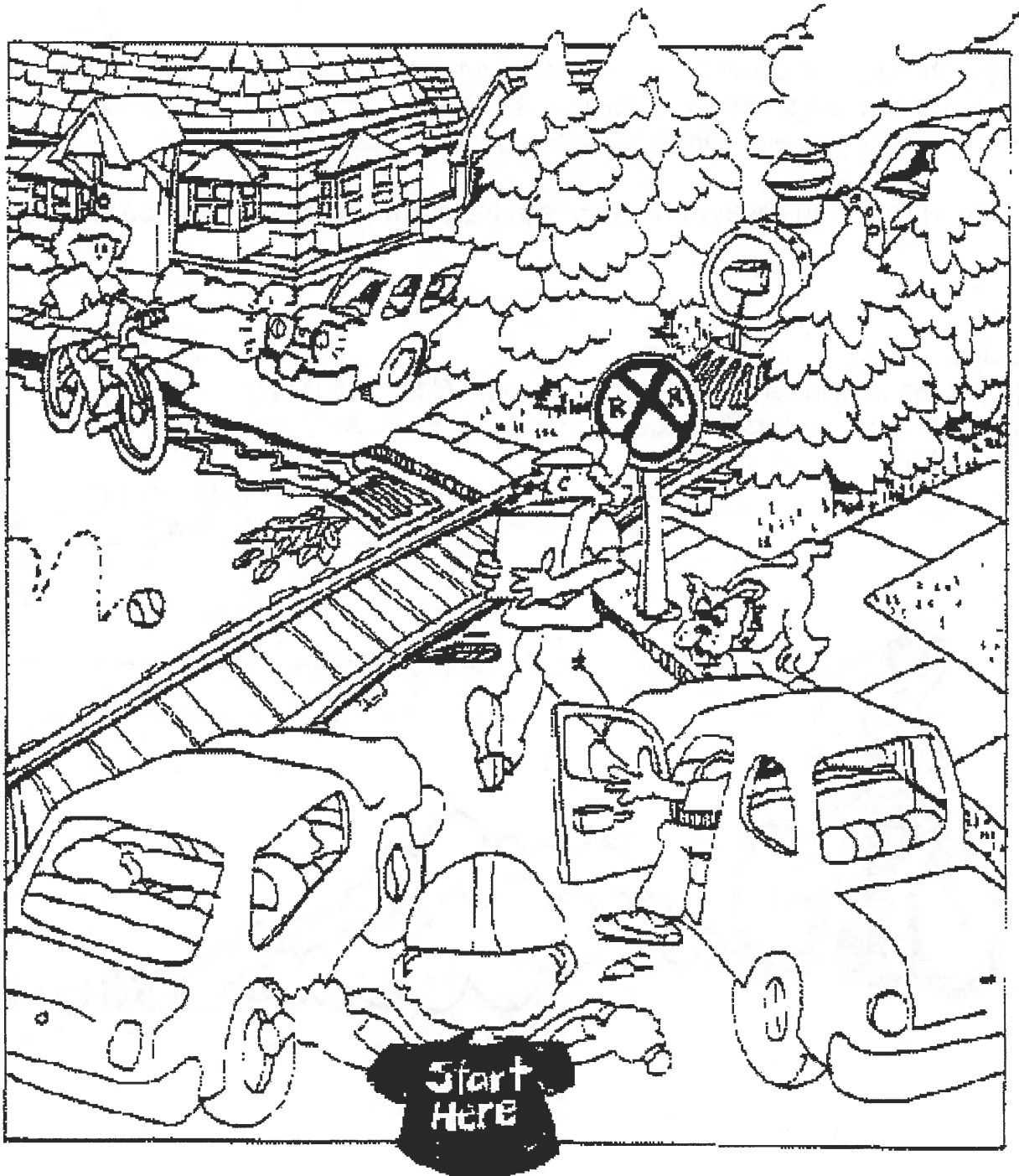
To decode this important safety tip, put the next letter in the alphabet over each dash. The letter a has been done for you.

Q H C D    K D Q S!  
- - - - A - - - - !

J D D O   X N T Q   G D   C   T O  
- - - - - - - - - - A - - -



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

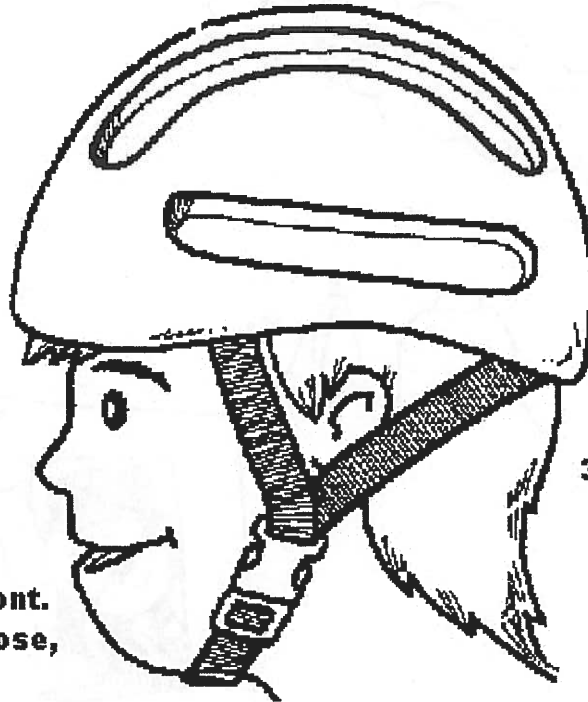




# Always Wear a Helmet

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.

1. Pull it forward from back to front. If it hits your nose, it is too loose.



2. Push it from back to front. If you see your forehead, it is too loose.

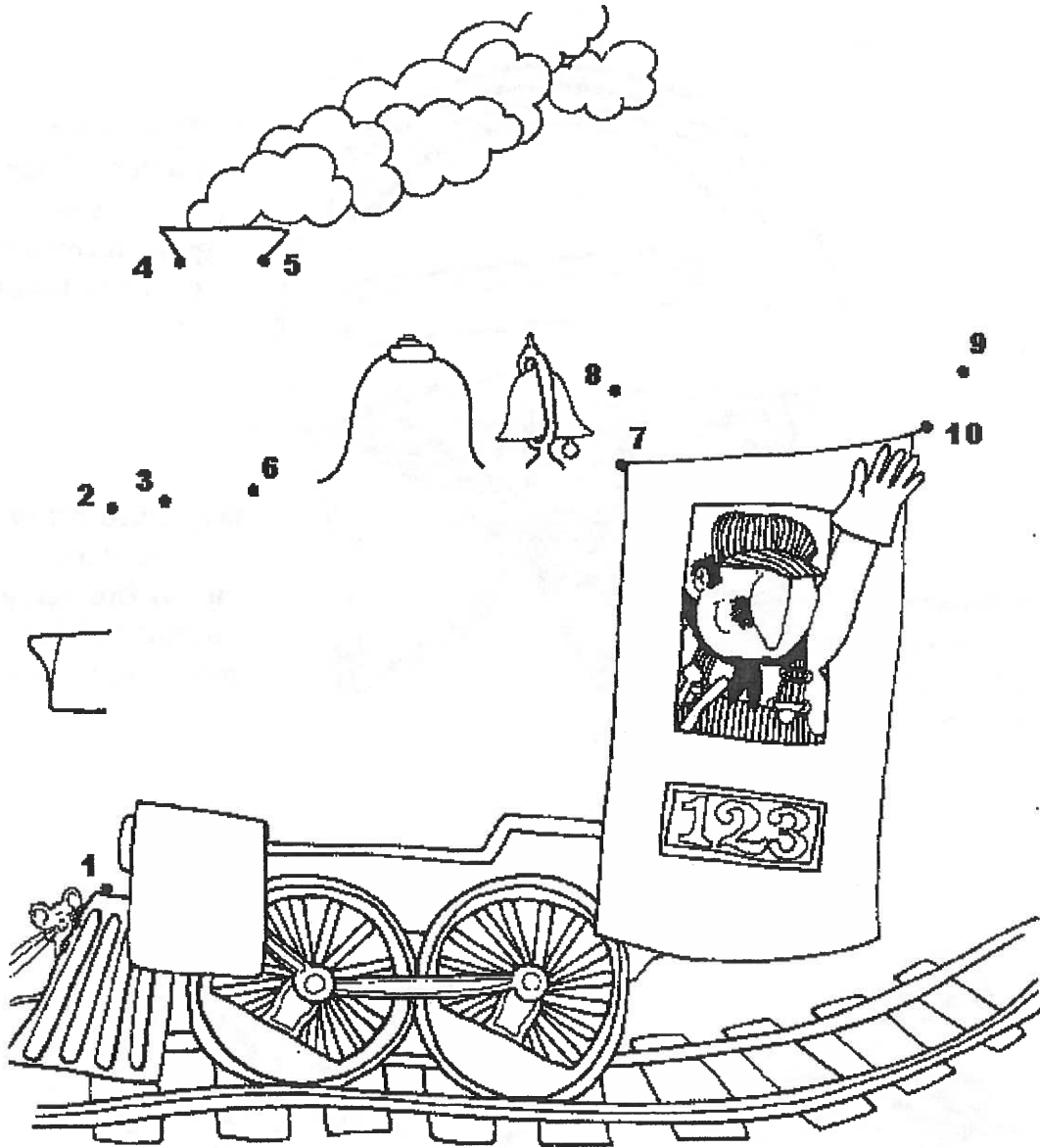
3. Move the strap by your ear. The "V" of the strap should be just below your ear.





# Rules of the Road

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



Connect the dots.



# What to Exhibit

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

1. Choose 1 of the activities in the manual to base your exhibit on. Next year choose a different exhibit.
2. Poster suggestions:
  - A. Poster board 14" x 22" should be displayed.
  - B. A title should be at the top of the poster.
3. Poster Ideas:
  - A. Draw a picture of you and your bike based on one activity in manual.
  - B. Take a picture of you and your bike. Add a picture of Traffic signs, Ways I Use my Bicycle, Rules of the Road, Bicycling is Fun, or Labeling Bike Parts.
  - C. Draw a picture or take a picture of your bicycle helmet. Tell why it's important to wear a helmet.
  - D. 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.
  - E. Plan a short trip to the grocery store, to a friends 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.
  - F. Write a story about 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, please contact your County Extension Office.

