

Mini 4-H



BICYCLE



A replacement manual will
cost \$1.00.

**An Introduction to 4-H
for Youth in Grades K - 2**



Developed by Purdue Extension Elkhart County
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Elkhart County Mini 4-H Bicycle Manual
Revised September 2015



4-H Facts



The 4-H Symbol: A four leaf clover with an “H” in each leaf.

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
My Health to better living
For my Club,
My Community,
My Country,
and my World.**



Mini 4-H



Welcome to *Mini 4-H*! You are now a member of the Elkhart County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

Mini 4-H is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

Mini 4-H'ers you may enroll in one project each year. This manual contains fun, age appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions needed for the exhibit you will be preparing for the Elkhart County 4-H Fair in July.

There is no competition in the *Mini 4-H* program. Each child who completes a project for the Fair will receive the same blue completion ribbon, certificate and 4-H pin. Judges comment sheets are provided only as a way to help you do your very best on future projects.

Mini 4-H does not have regular monthly meetings. Try to attend the special activities planned especially for YOU! These will give you a chance to meet the project leaders, have some hands-on fun, and ask questions about your important Fair display. *Mini 4-H* is FUN! You will enjoy it.

Once you enter the third grade you can join a regular 4-H club that meets monthly. You must enroll each year of your 4-H career.

If you have questions about the *Mini 4-H* program, please call the Purdue Cooperative Extension Office at 574-533-0554. We will be happy to answer your questions.

As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them “learn by doing”. Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities in this manual. Choose those that interest you and your child.

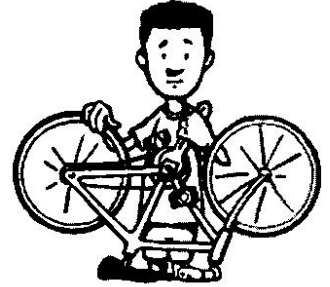


What is Bicycling?

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.

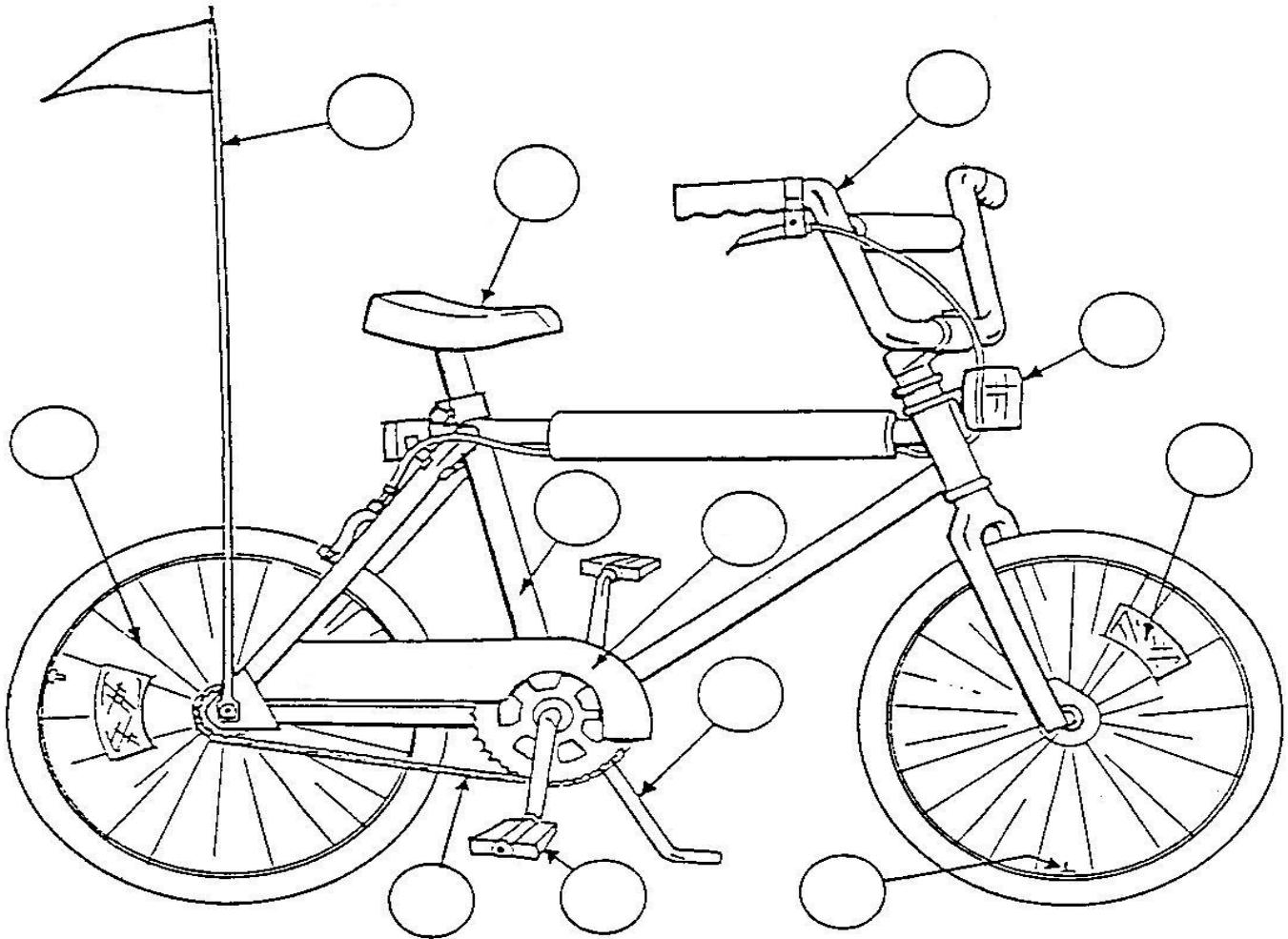
Front and back wheels – Should be lined up so they will not wobble.

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 | 4. headlight | 7. chain guard | 10. kick stand |
| 2. reflectors | 5. valve stem | 8. spokes | 11. seat |
| 3. pedals | 6. chain | 9. frame | 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? _____

What special equipment do you need to have on your bicycle for night riding? ____

~Color the picture below~



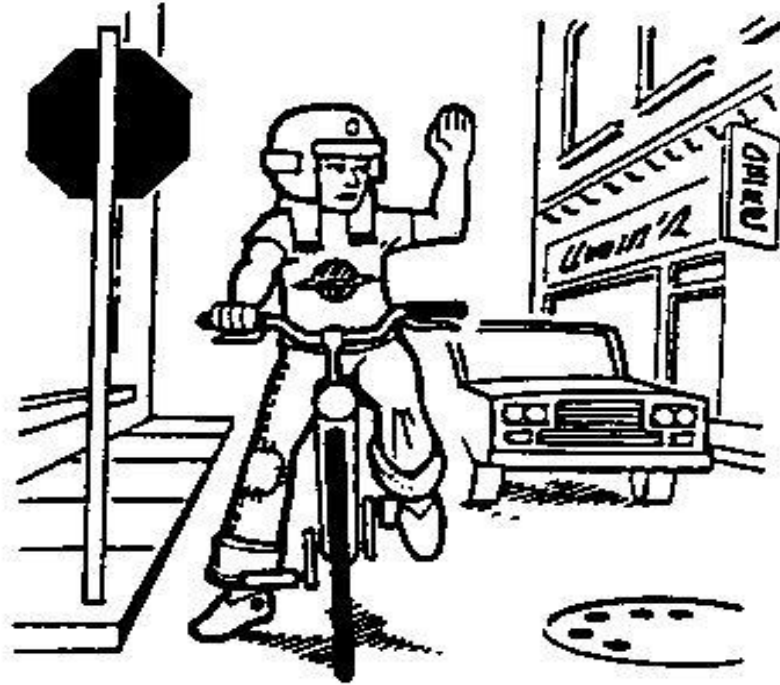
ACTIVITY 2 – KNOW THE RULES

Bicycling can be a safe and fun activity if you know the *Rules of the Road*.

Materials needed for this activity: crayons

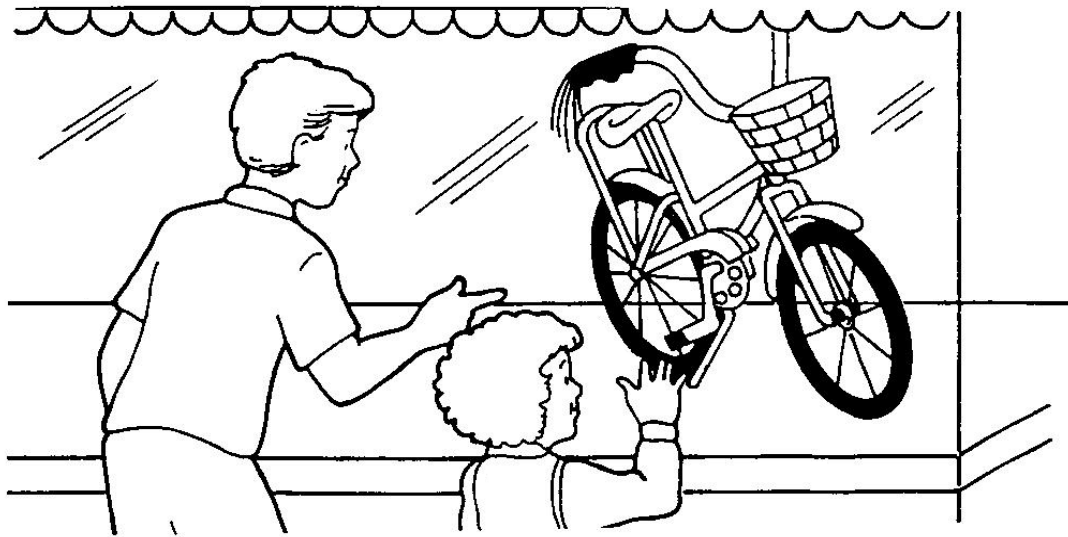
What you will do:

1. Read the safe bicycling rules.
2. Color the pictures to help you learn the rules.

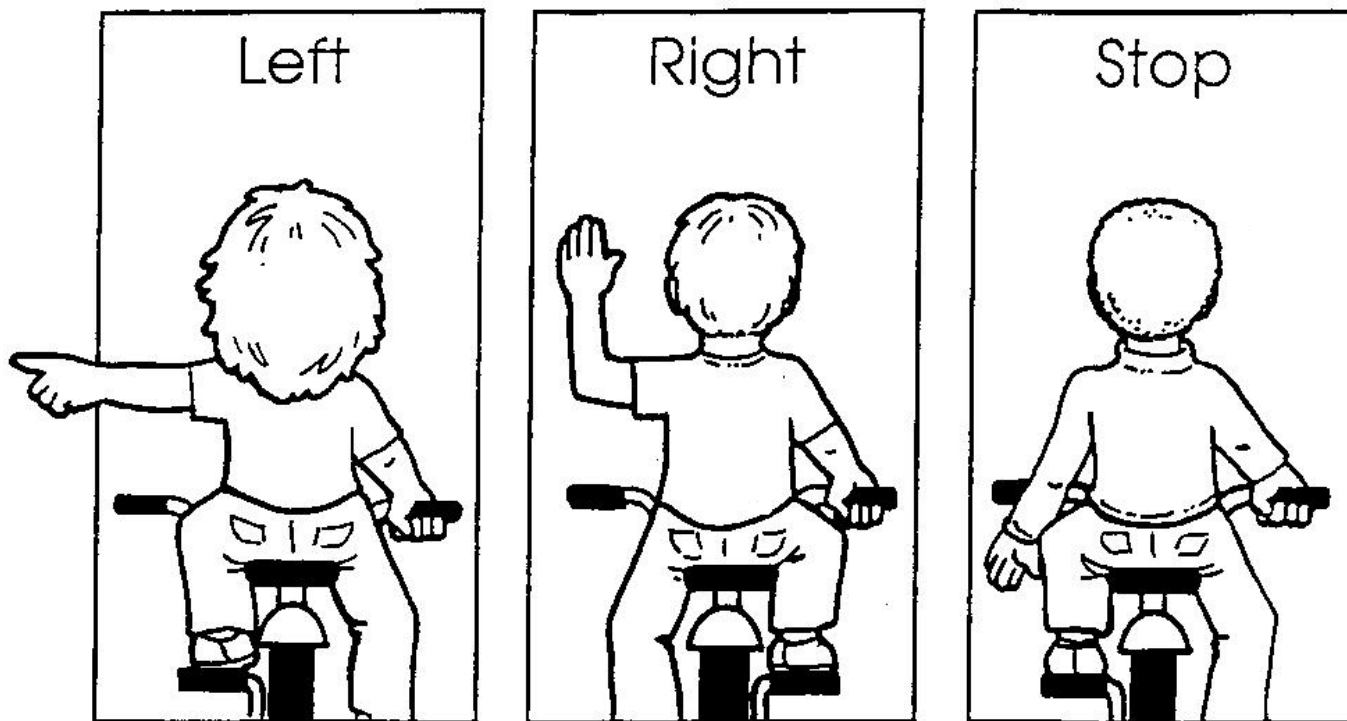


It is best to practice where there are no cars when you are learning to ride a new bicycle.

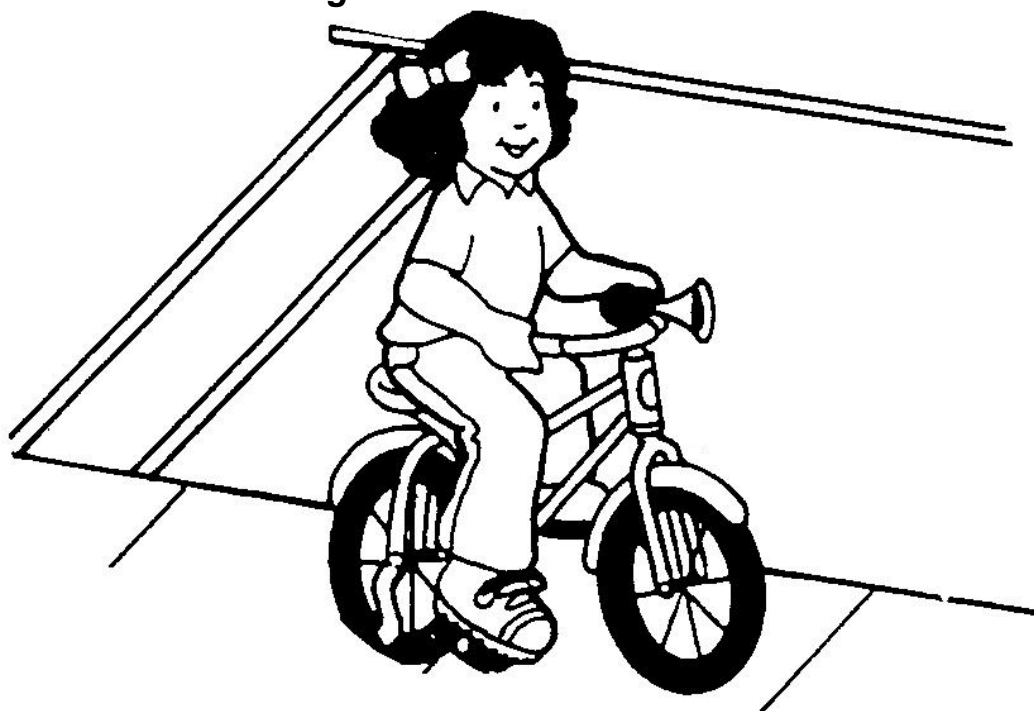
*Be sure to pick the right size bicycle.
Never ride a bicycle that is too big for you.*



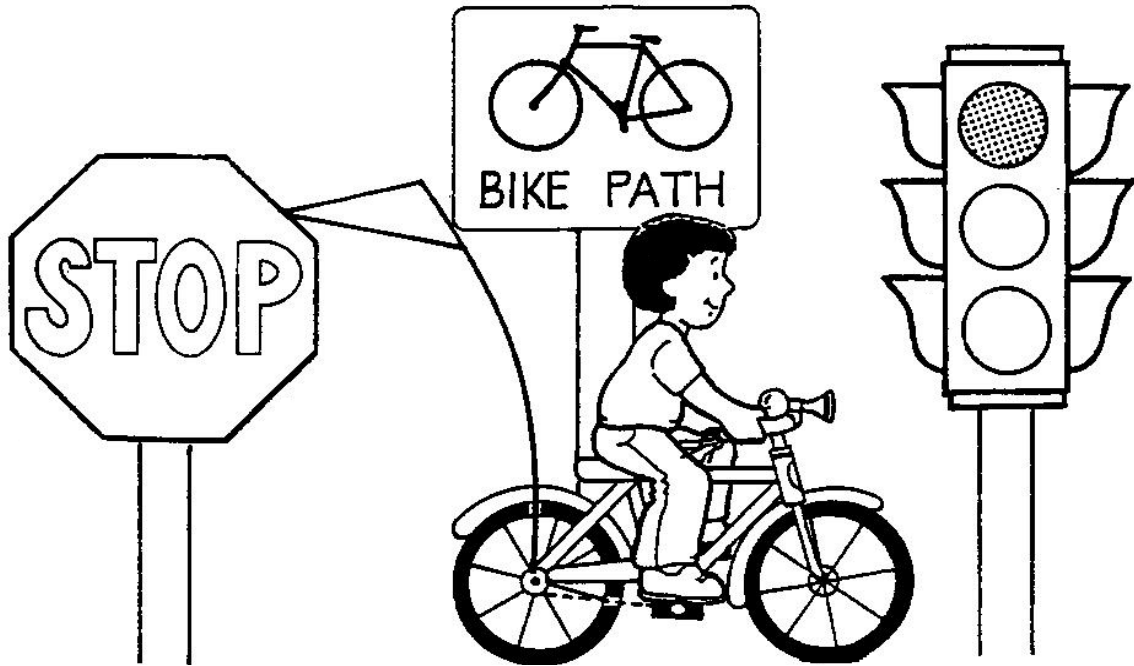
Know and use the hand signals. Use your left arm.



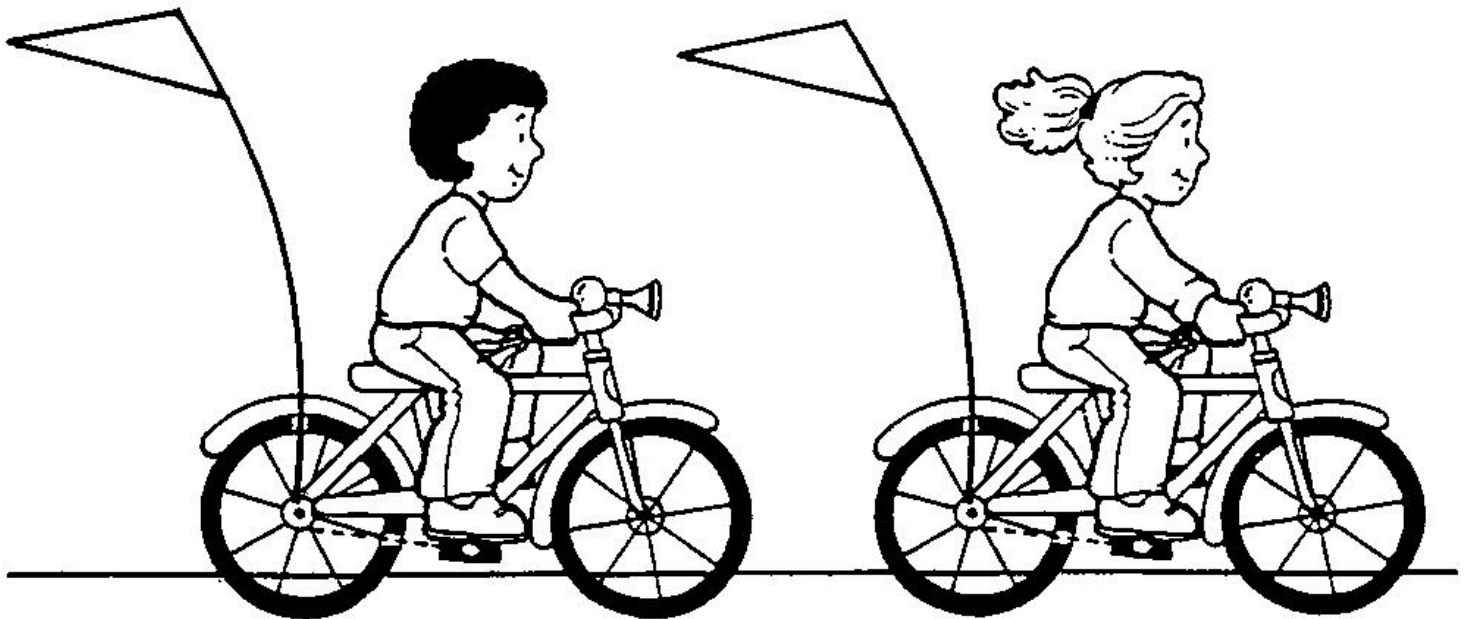
Ride to the right. This is the same as the cars.



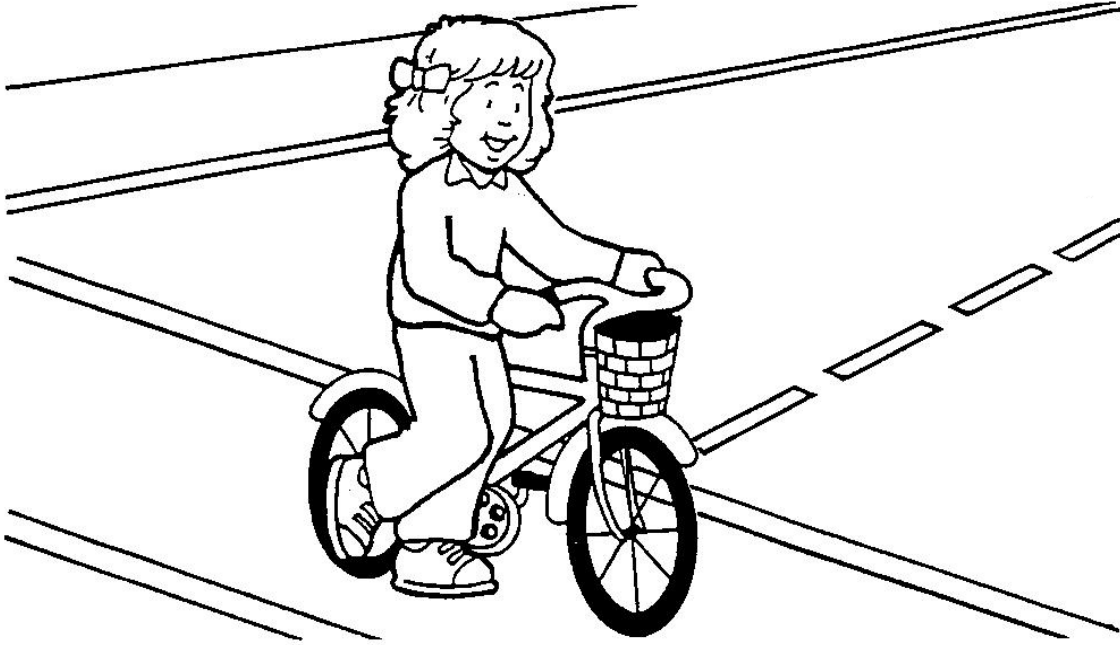
Read and obey the traffic signs - the same signs as cars.



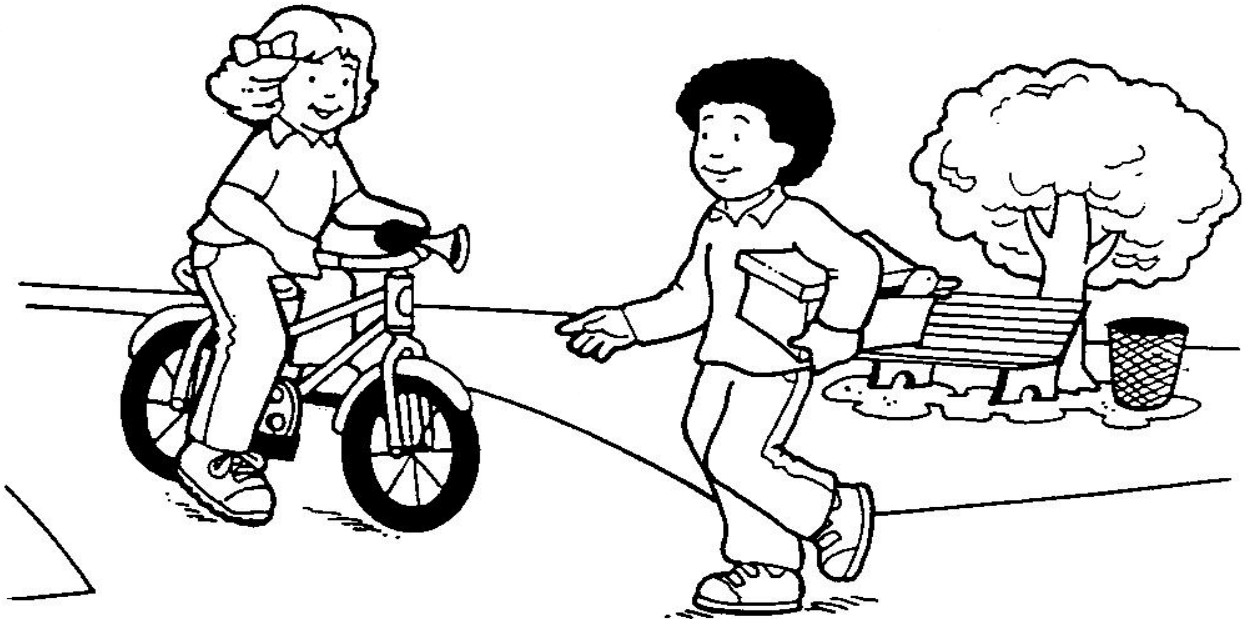
Ride single file.



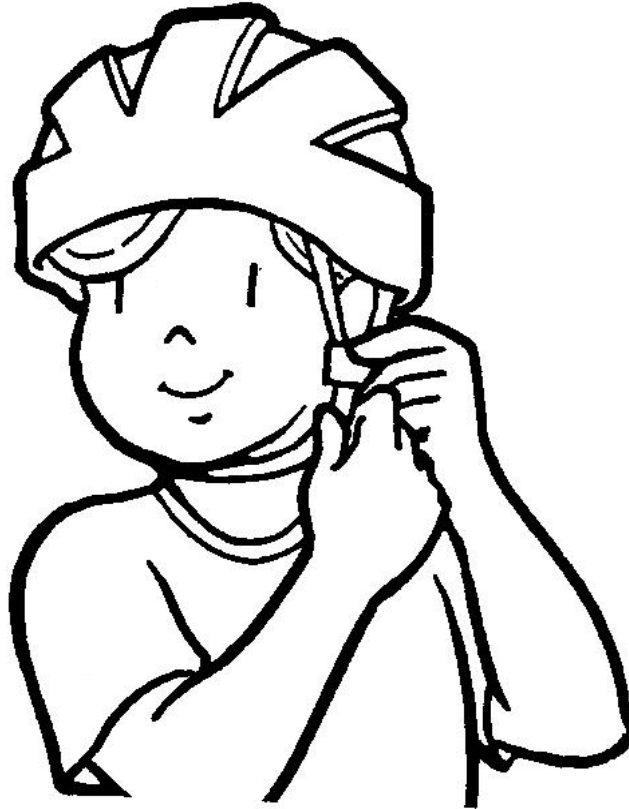
**Stop and look all ways before crossing the street.
It is safer to walk your bicycle across busy streets.**



**Yield the right of way to pedestrians.
Bicycles need to let walkers go first.**



Wear a helmet.



What did you learn?

With what arm do you signal? _____

On what side of the road do you ride your bicycle? _____

Why is it important to wear a helmet? _____



ACTIVITY 3 – TRAFFIC SIGNS

There are many traffic signs along the roads. Bicycles need to follow all the same signs that cars follow. This activity will help you learn what the signs mean.

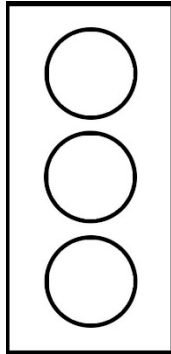
Materials needed for this activity: activity sheet pencil crayons

What you will do:

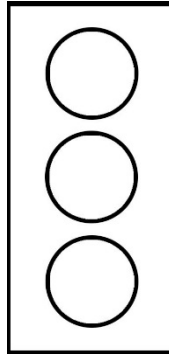
1. Read about traffic signs.
2. Color the signs the correct color.

Signals

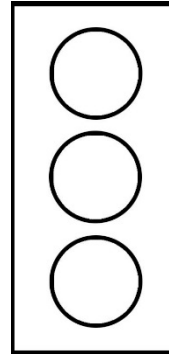
Bicycles must obey all traffic lights, even if there is no traffic.



Green on the bottom
GO



Yellow in the middle
CAREFUL



Red on the top
STOP



Traffic Signs

1. **Caution signs** – Yellow sign with arrows that tell you the direction the traffic or the road will go. Diamond shaped sign.
2. **Information signs** – White signs tell about the speed or other traffic rules. Rectangle shaped sign.
3. **School Zone sign** – There is a school close by; watch for children walking. House shaped sign.
4. **Stop sign** – Red sign that always means stop, look, and then go if there is no traffic. Octagon shaped sign.
5. **Yield sign** – White sign with a red border that means slow down, look and wait until the other traffic is gone. Triangle shaped sign.
6. **Railroad Crossing sign** – White sign tells you railroad tracks are close. Watch for trains approaching. Round shaped sign.

1.



2.



3.



4.



5.



6.



What did you learn?

How long do you stop for a red light? _____

What color is the sign telling you the road curves to the right ahead? _____

Where would you see a sign with children walking across a street? _____

Have you seen other traffic signs? _____

What signs? _____



ACTIVITY 4 – SAFE BICYCLING

Riding a bicycle safely means thinking about being safe always. That means not doing things that could make you get hurt, even though they may sound like fun.

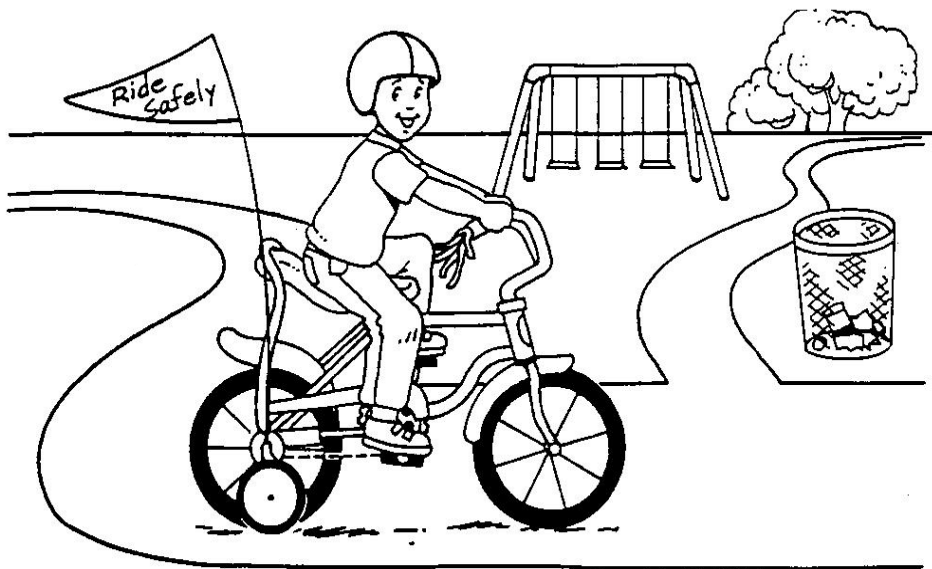
Materials needed for this activity: crayons

What you will do:

1. Read about the special rules of bicycle safety.
2. Color the picture.

Watch out for:

- the sudden opening of the door of a parked car.
- cars pulling out of driveways and alleys.
- your speed, especially downhill. It is important to stay in control of your bicycle.
- gravel in roads, and uneven or slippery surfaces. Roads are especially slippery when they are wet.



Do not:

- ride a bicycle that is too big for you.
- ride double.
- do tricks on the street.
- “hitch a ride” by hanging onto a moving vehicle.

Do:

- have a horn or a bell to warn others when you are coming.
- put your bicycle away when you are home.
- use a bicycle lock when you are away from home.

What did you learn?

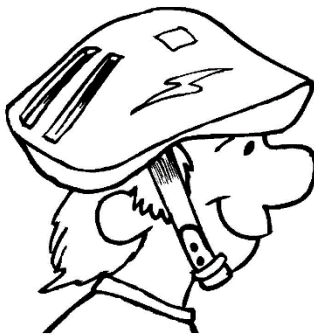
What is one thing you should never do on a bicycle? _____

Why? _____

Do you have a horn or a bell on your bicycle? _____

Have you ever seen anyone break one of these safety rules? _____

What happened or could have happened? _____





ACTIVITY 5 – WEAR A HELMET!

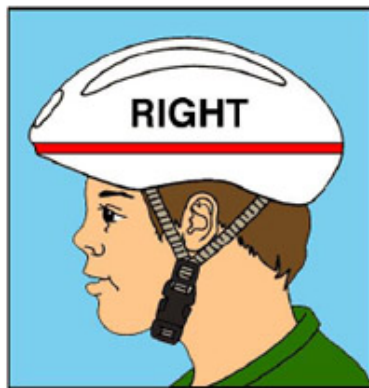
It is very important to always wear a helmet when you ride your bicycle. A helmet protects your head in case you fall off your bicycle. It is also important that your helmet fits correctly.

Materials needed for this activity: Bicycle helmet

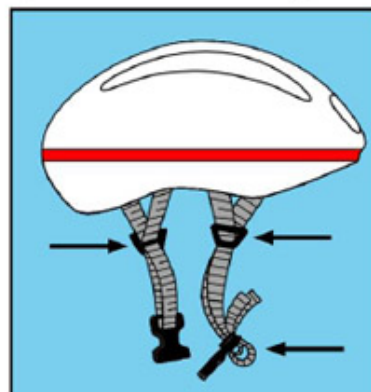
What you will do:

Check that your helmet fits correctly and that you learn to wear it the right way. Check out the reasons that a helmet should be replaced.

The correct way to wear a helmet.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

When do I need to replace a helmet?

- Did you crash it? It may be weakened and not provide adequate protection.
- Is it from the 1970's? Modern helmets provide better protection.
- Is the outside just foam or cloth instead of plastic? Modern helmets provide better protection.
- Does it lack a Consumer Product Safety Commission, American Society for Testing & Materials or Snell Foundation sticker? Be sure it is certified by these agencies as providing good protection.
- Can you not adjust it to fit correctly? Have you grown and it does no longer fit right.

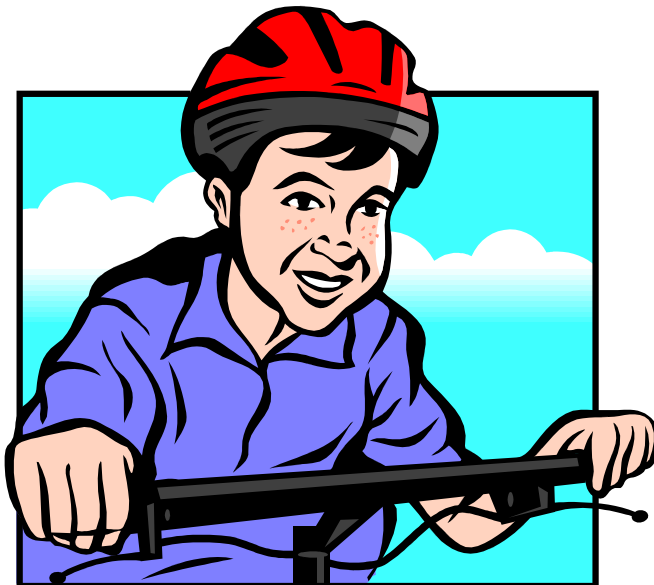
What did you learn?

Do you have a bicycle helmet? _____

Does it have Safety Sticker it? _____

What kind? _____

List two reasons that a helmet should be replaced?

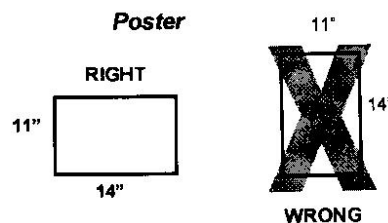




What to Exhibit

Bicycle

Make a Bicycle poster. You may choose any bicycling topic for your poster. Your poster must be exactly 11 x 14 inches, displayed horizontally (wider than it is tall-see example) and attached to a stiff backing (like cardboard). You may use foam board. Foam board is already stiff and does not require additional backing. Your poster must be covered with clear plastic. This can be a poster sleeve. If you have made a three dimensional item, you may use clear vinyl. Your poster must have a title.



Make up your own title, or use one of the following suggested titles:

- Rules of the Road
- Bicycling is Fun!
- Care of My Bicycle
- Signs of Life
- Ways I Use My Bicycle
- Bicycling is the Key to....

You can use pictures from magazines, photographs, drawings or whatever you like to make your poster. Use your imagination!

NOTE: No oversize posters will be accepted for exhibition.
No un-mounted items will be accepted for exhibition.

NOTE: **If you are unable to pick your project up on Project Release Day, the Monday following the close of the fair, please make arrangements to have it picked up. All projects must be removed from the exhibit building on that day. There is no available storage space for unclaimed projects.**

All posters must include: (both are found on page 20)

- Record Sheet (Attach to the back of the poster.)
- Exhibit Tag (Attach to the lower right front corner of the poster.)

Mini 4-H

Name _____

City _____ **Grade** _____

School _____

Exhibit Tag:

Bicycle

Record Sheet

----- Cut here -----

Name _____ **Grade** _____

How long have you ridden your bicycle? _____

Which side of the road should you ride on? _____

Who has the right of way on the sidewalk – the person riding a bicycle or a pedestrian (the person walking)? _____

What should you wear when riding your bicycle? Why? _____

Who goes bicycle riding with you? _____