

# Mini 4-H Bicycle

## All Divisions



Draft developed by:  
**Purdue University Cooperative Extension Service**  
**Area VII 4-H Youth Development Educators**

(Blackford, Delaware, Fayette, Franklin, Henry, Jay, Madison, Randolph, Rush, Union, & Wayne Counties)

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



# 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 Program encourages "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 week 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 feel free to 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-Her's 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-Her's.



Here are some things to know about 4-H

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, and  
my *Health* to better living,  
for my club, my community,  
my country, and my world.

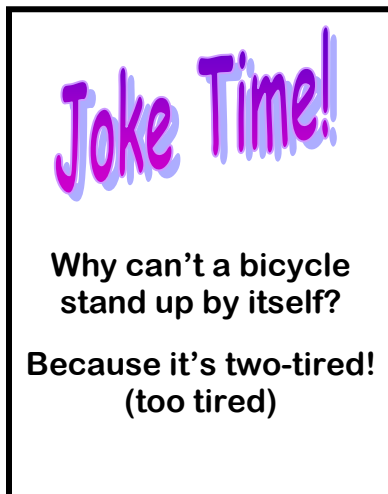
# Pedal Power!

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 an 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 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.



# 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.

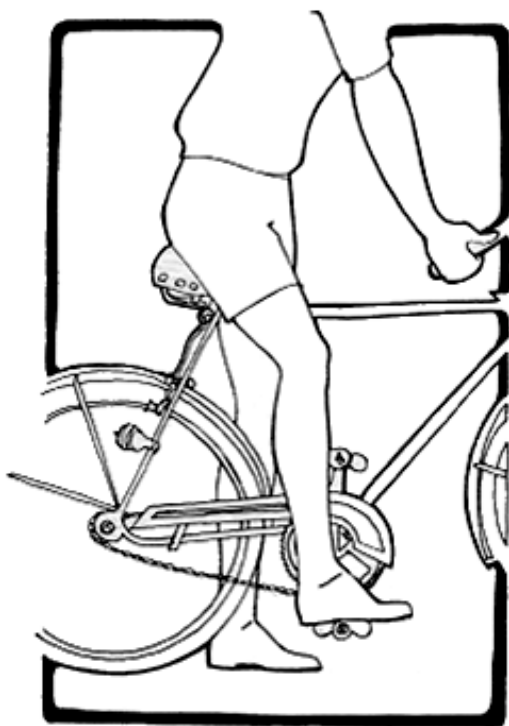
Bicycles are made for many years of service if they are taken care of properly. If kept clean and oiled, a bicycle will withstand wear from everyday use. Major bicycle repairs should be made by a skilled mechanic.

## **Topics covered in this manual:**

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



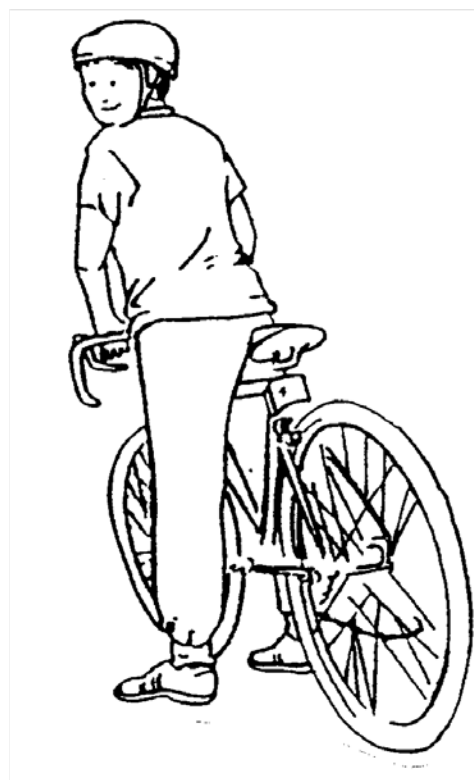
# Choose a Bike to Fit



*Correct saddle height*

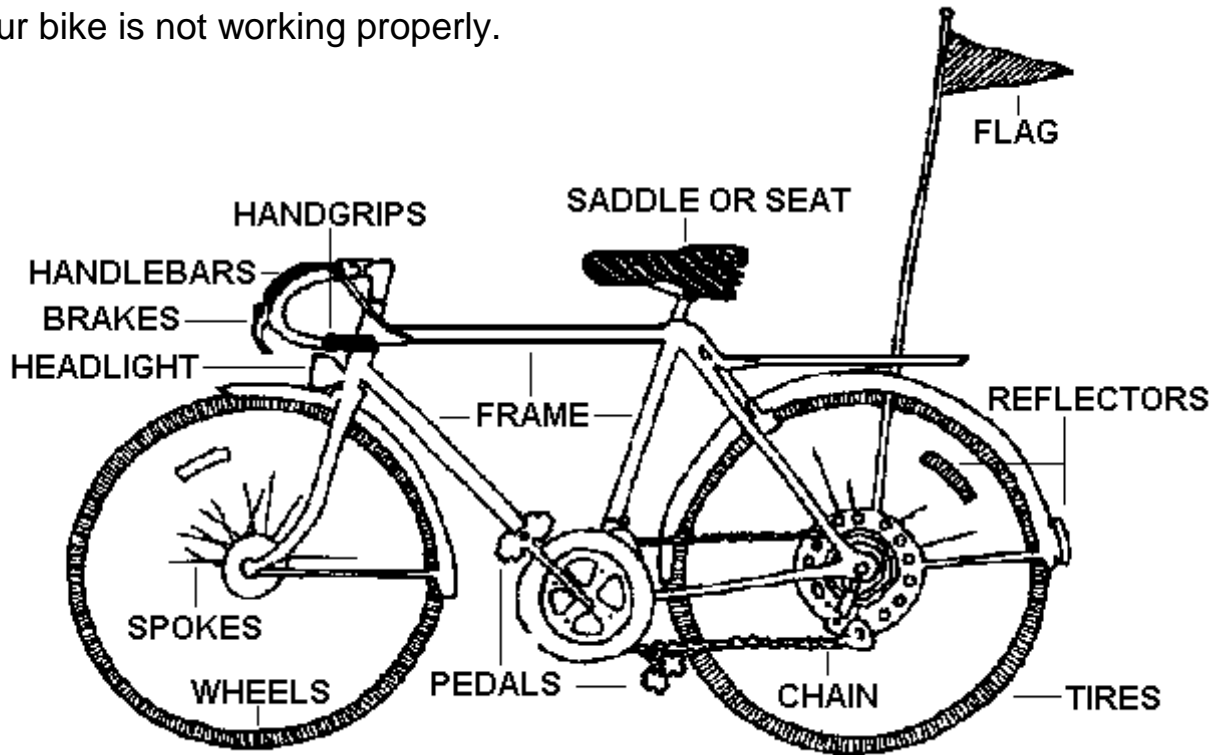
When choosing a bike, you should be able to place the bottoms of your feet on the ground while you are seated on the bike. Your bicycle dealer can help make sure your bicycle fits you well. A bicycle that does not fit well is hard to ride.

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 \_\_\_\_\_

letorcRe \_\_\_\_\_

*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.

<b>BICYCLE CHECKLIST FOR SAFETY</b>		
	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!

Match the definitions on the left to the correct sign on the right.

**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. \_\_\_\_\_

**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 20.*



# 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? (Answer on page 20)

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 bicycle safety

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**

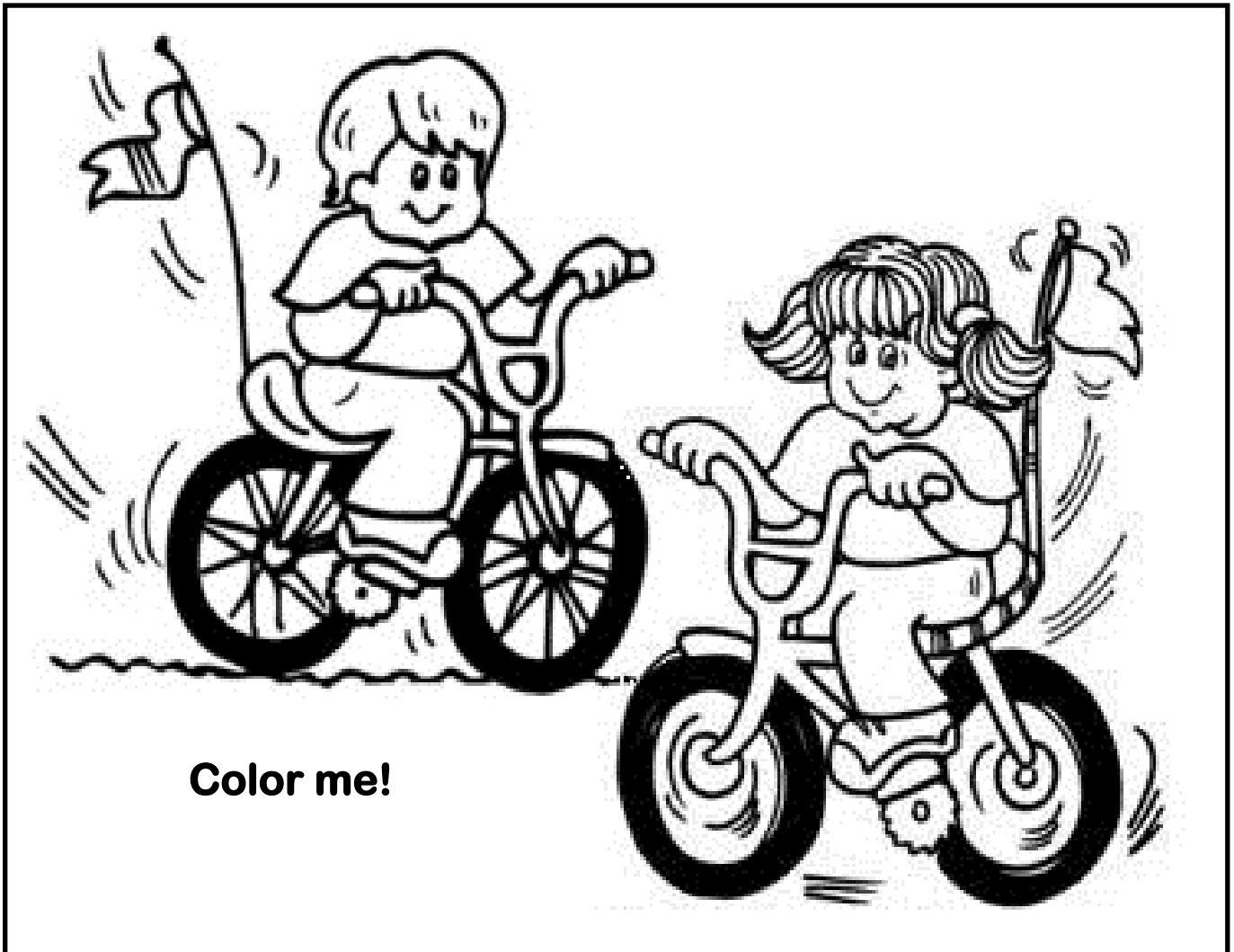
**TIRES**

**WHEELS**

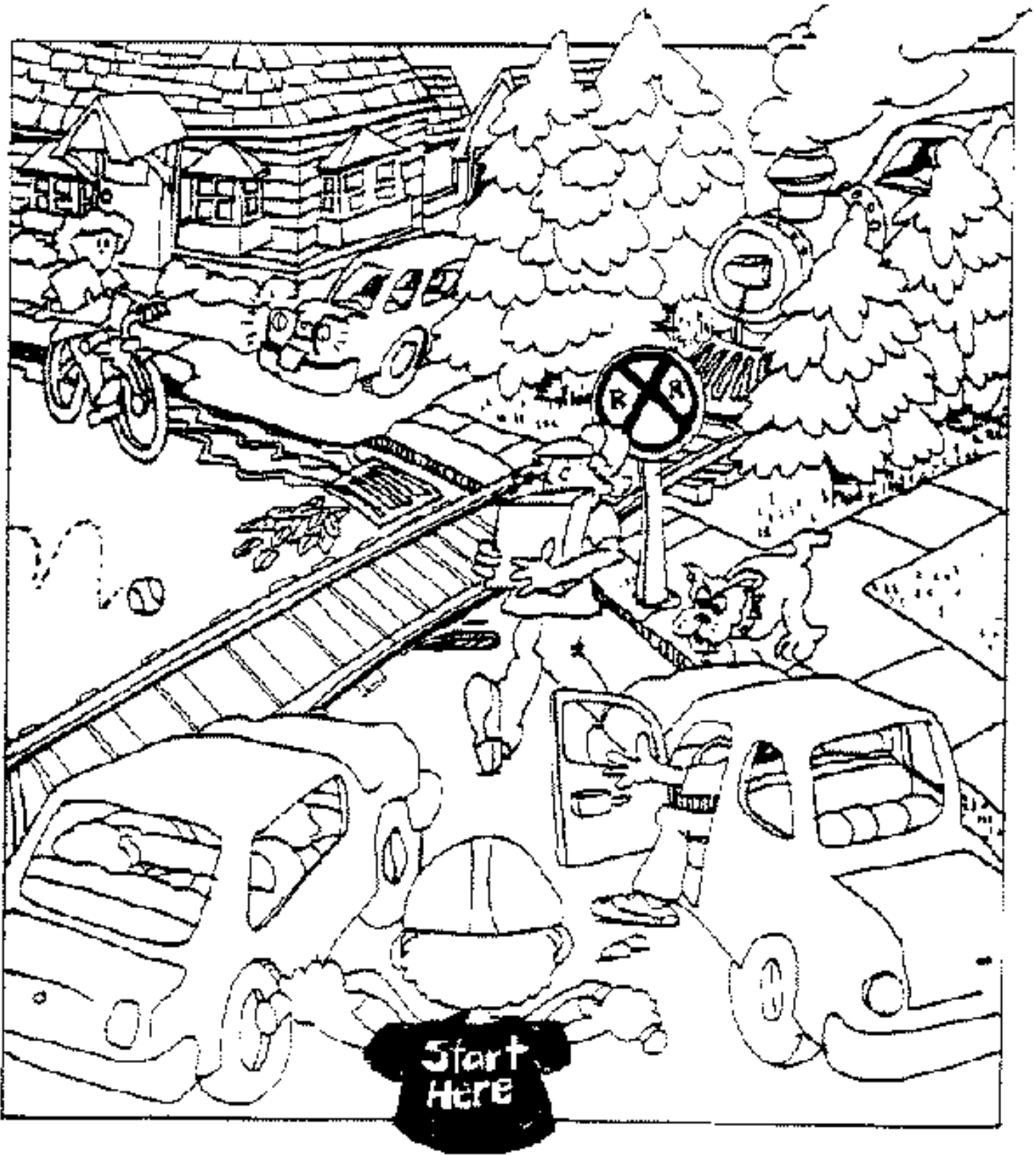


# Activity 6 - Be Aware of Traffic

- 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. (Answer on page 20)

	Q	H	C	D		Z	K	D	Q	S!						
	—	—	—	—		<u>A</u>	—	—	—	—						
J	D	D	O		X	N	T	Q		G	D	Z	C		T	O
—	—	—	—		—	—	—	—		—	—	<u>A</u>	—		—	—



Joke Time!

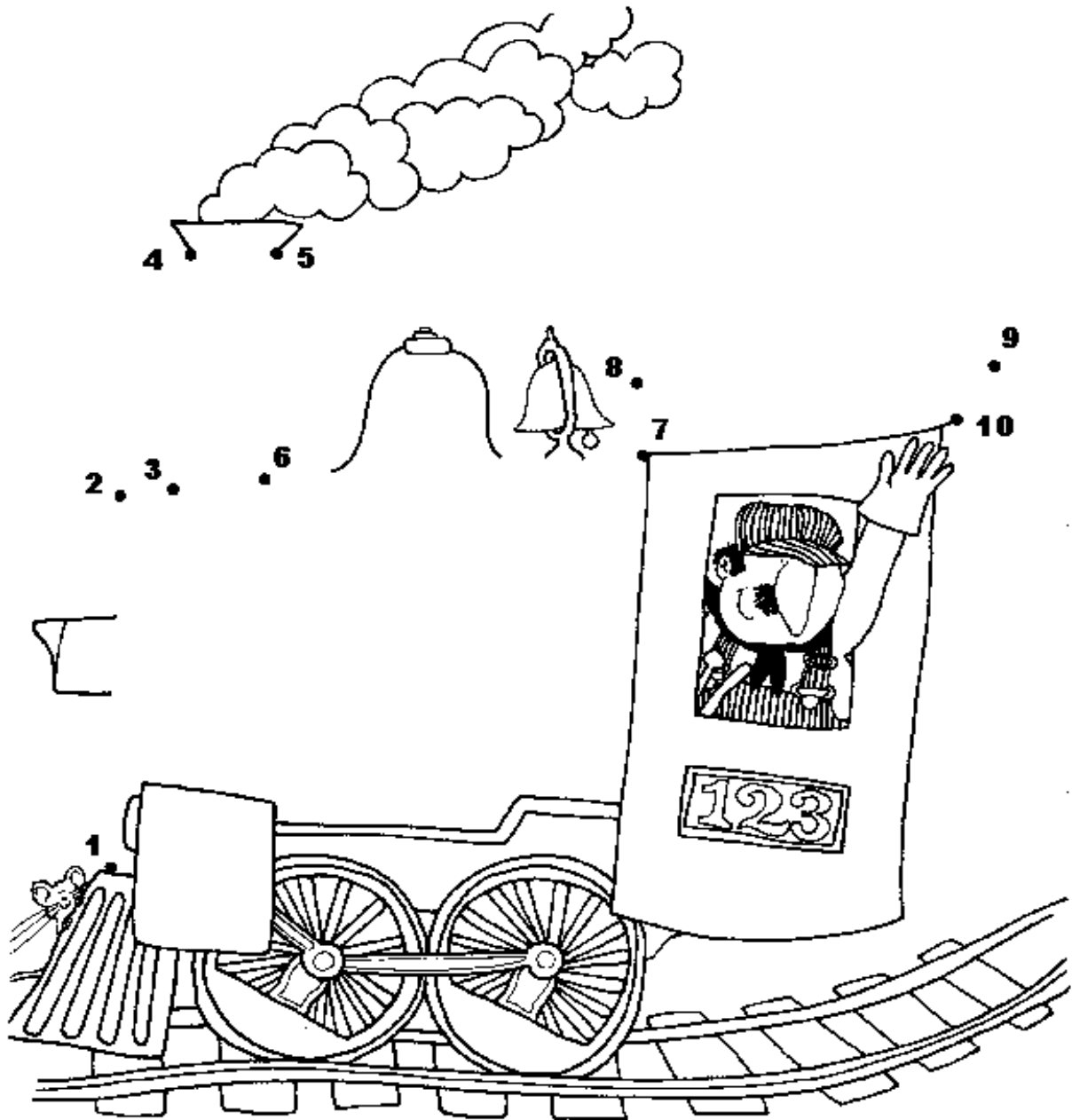
**What is the hardest part of learning to ride a bicycle?**

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!

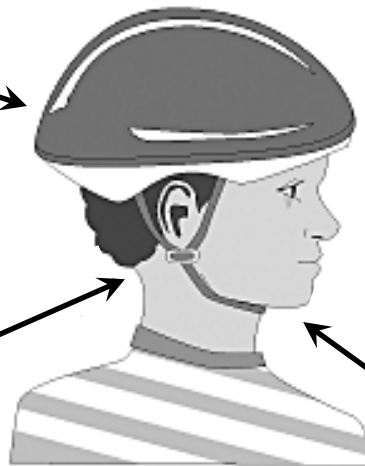
Always wear a helmet. The strap should always be closed when you are riding your bike. Your helmet should also fit right. Here are some hints how to wear your helmet.

## 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.

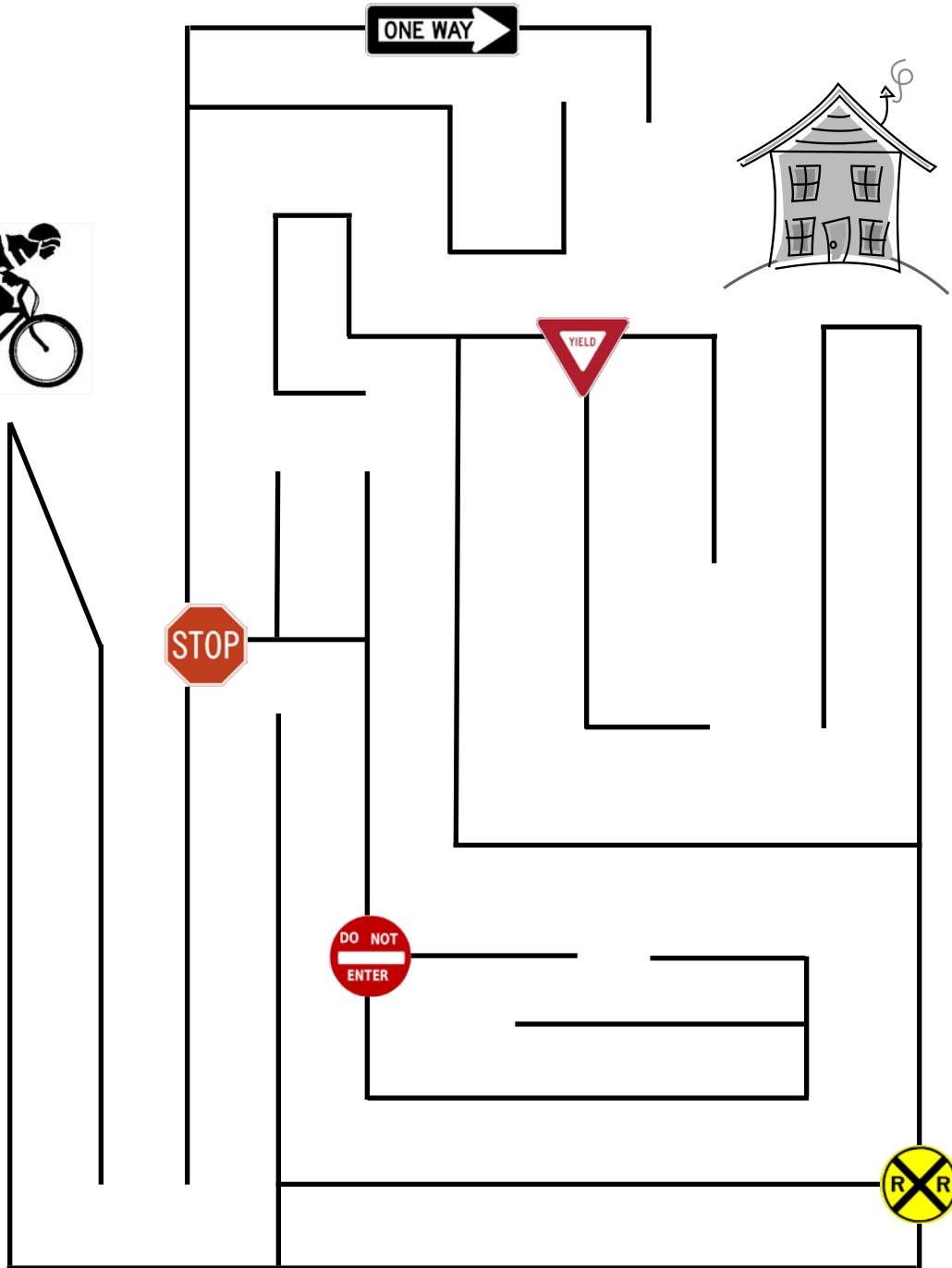


Information provided by the Contra Costa Childhood Injury Prevention Coalition © 2010 Contra Costa County



# 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 this year. 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.

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 and things you need for your trip.
- Write a story about you and your bicycle. Include things you and your friends do with your bicycles. Add pictures to decorate your exhibit.

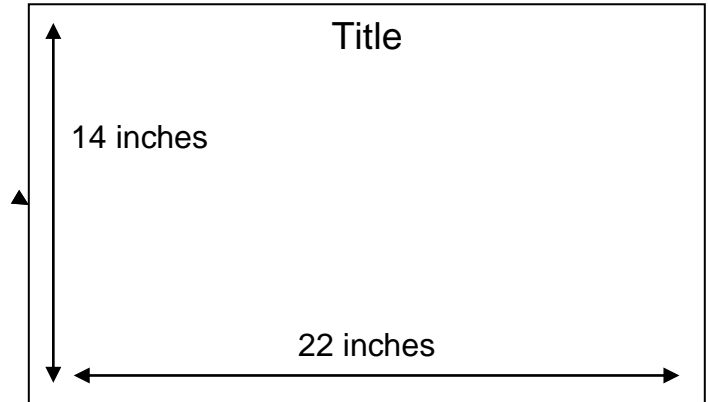
For more information on how to label your project, when to enter it in the Fair, and where the project needs to go, contact your County Extension Office.

## Good Luck and Have Fun!

### Mini 4-H Poster Requirements

Poster requirements for ALL Mini 4-H projects that require posters:

1. Poster board (14"x22") should be displayed horizontally
2. Poster should have stiff backing and covered with clear plastic
3. A title should be at the top of the poster
4. Include your name, grade and club on a card in the lower right hand corner.



Sample poster

### Answers, Page 10:



Railroad Crossing



One-Way



Do Not Enter



Yield



Pedestrian Crossing



Stop

### Answers, Page 8:

Tire	Brake
Spoke	Pedal
Seat	Handlebar
Wheel	Grips
Chain	Reflector

### Answer, Page 11:

Use your left hand to signal.



### Answer, Page 15:

Ride alert!  
Keep your head up.