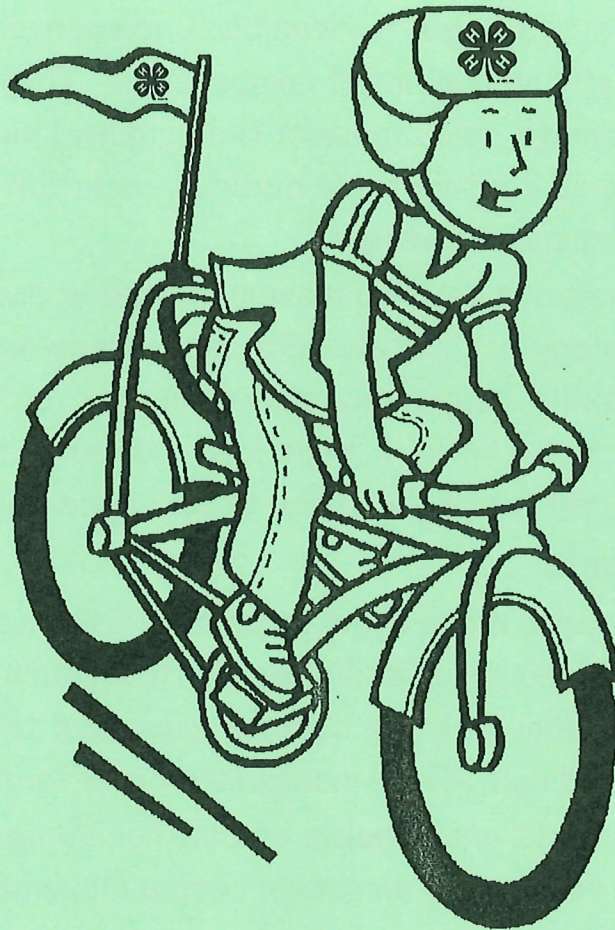


BICYCLE

Mini 4-H



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

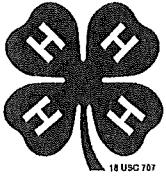
- K.1 Students begin to develop fundamental movements and basic body management competence. They observe, practice, demonstrate, and compare fundamental movements while learning to control their bodies in relation to other individuals and independent objects.
- K. 2 Students develop movement and vocabulary, 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.

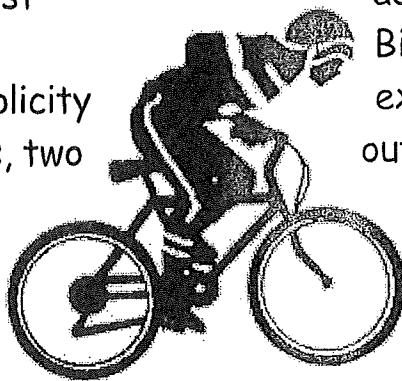
Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

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

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.

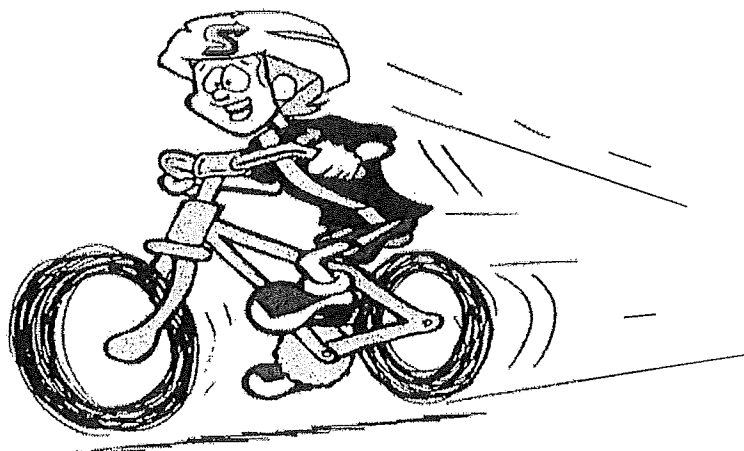
Bicycle riding is the outdoor activity popular with children and adults. Youth need to know rules of the road, proper hand signals, and how to choose an appropriate bike size to gear up for wise



biking fun. Safe kids are no accident!

Bike riding is good exercise. It gets children 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!

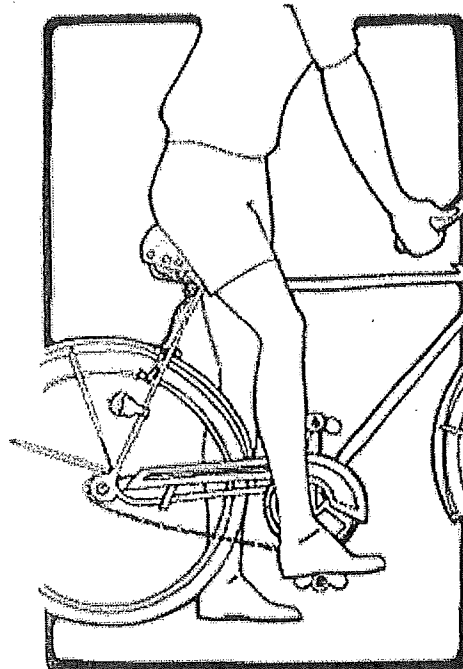
Why can't a bicycle stand up by itself?

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

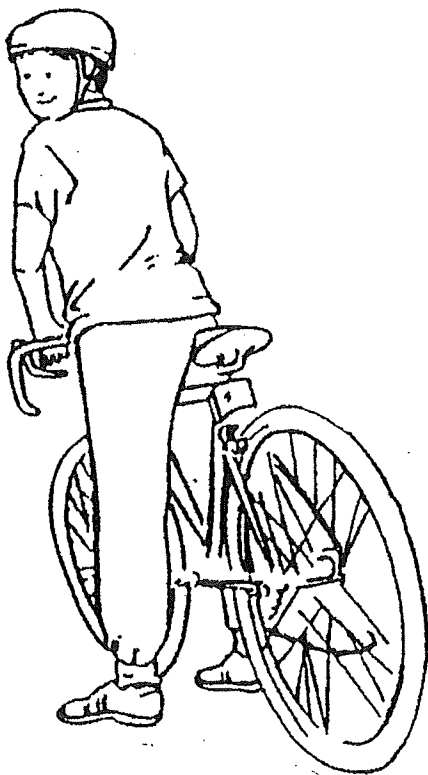


Choose a Bike to Fit

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.

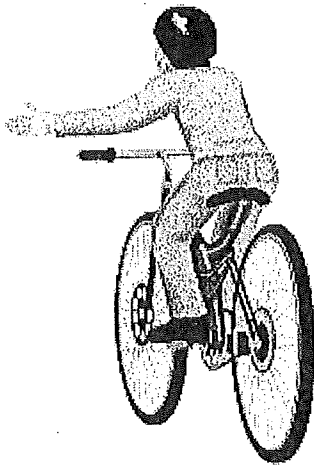
Activity 2 – Safety Check

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.

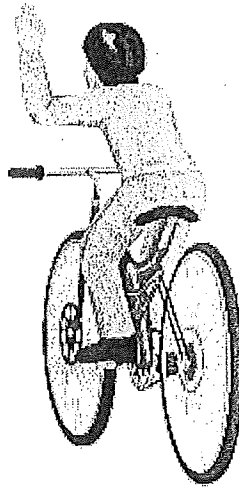
BICYCLE CHECKLIST FOR SAFETY		
	Yes	No
<u>Handlebars</u>		
Are they tight?.....	<input type="checkbox"/>	<input type="checkbox"/>
Grips on each handle?.....	<input type="checkbox"/>	<input type="checkbox"/>
<u>Tires</u>		
Are they firm to the touch?.....	<input type="checkbox"/>	<input type="checkbox"/>
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 4 — Hand Signals

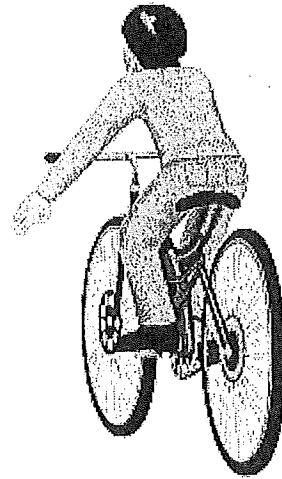
Hand signals tell others in what direction you plan to go. Always use hand signals when you plan to turn left, turn right, or stop.



Left turn

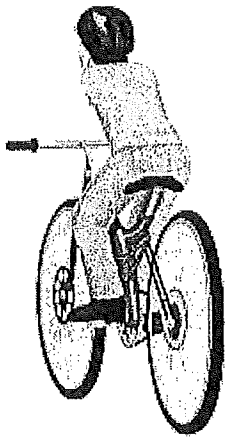


Right turn

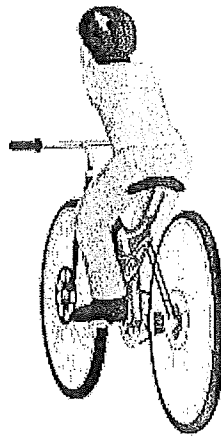


Stop or slow

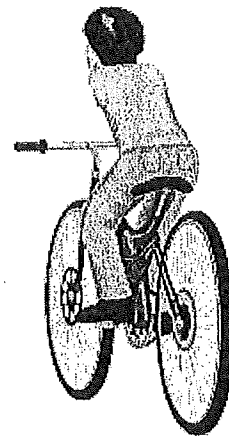
Activity: Draw the arms of each rider to help them make the turn written below.



Stop or slow



Left turn



Right turn

Can you decode this important safety message?

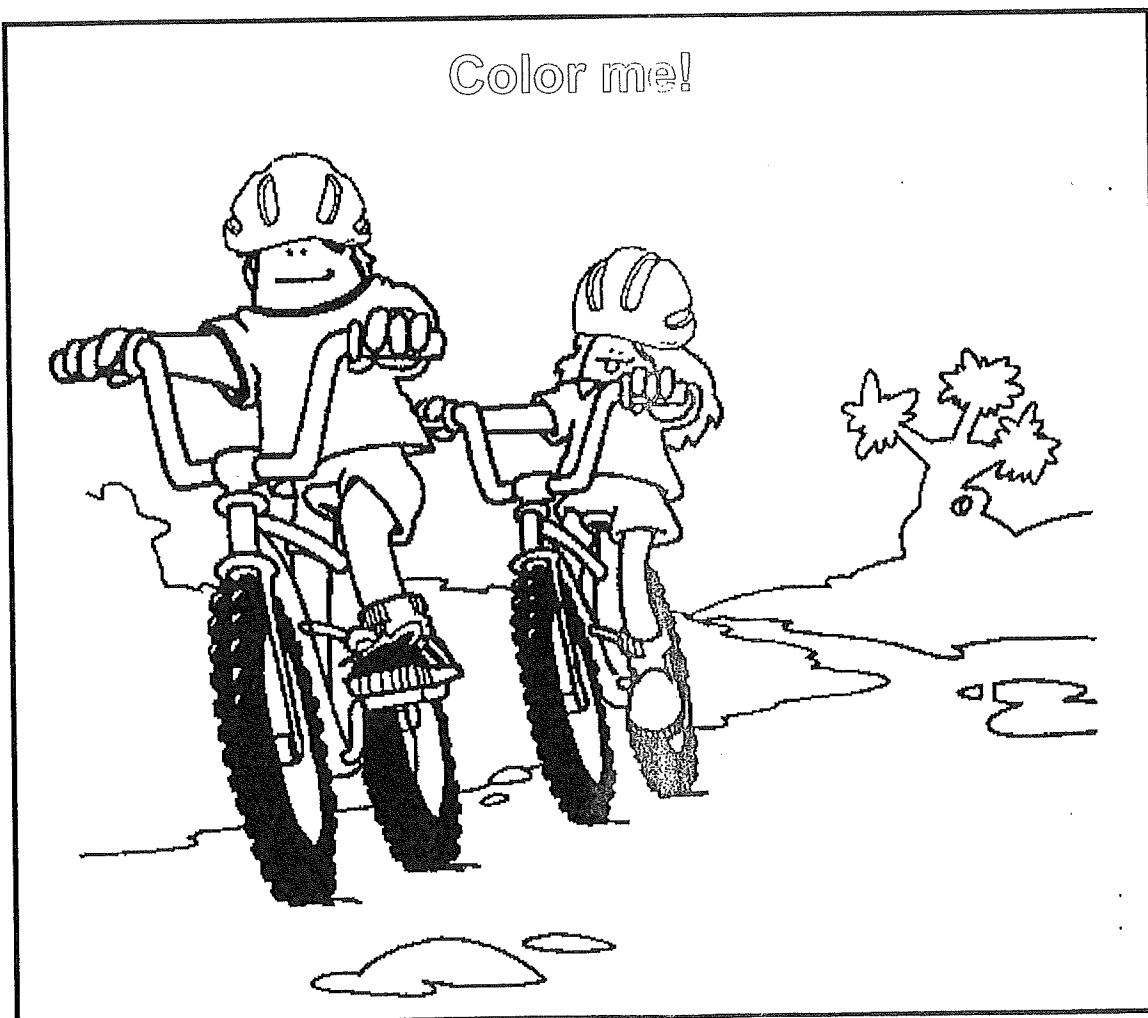
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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📱 ⚙️ ▶ ● ☒ 📱 🏠 📱 🦻 ❤️ 📱 🎵 ⌚ 📱 ❤️ ☒ ⚙️ 🔧 🚗 ⌚ 🎵 📱

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.



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 9 – Wear a Helmet!

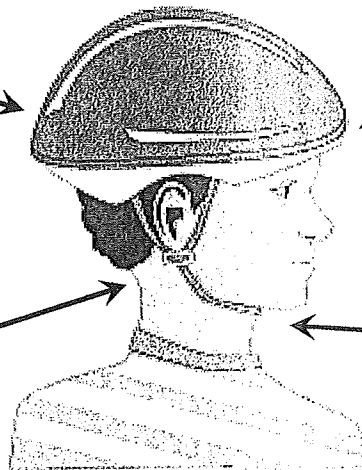
Always wear a helmet. The strap should always be closed when you are riding your bike. Your helmet should also fit right. Here are some hints how to wear your helmet.

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.

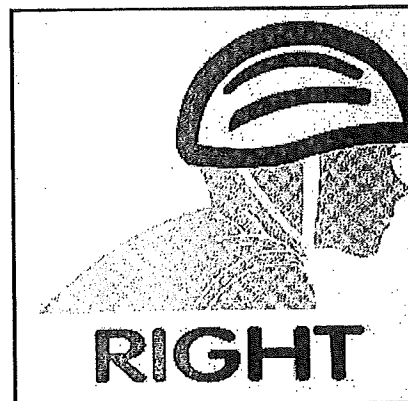


The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must **ALWAYS** be buckled.

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





What to Exhibit

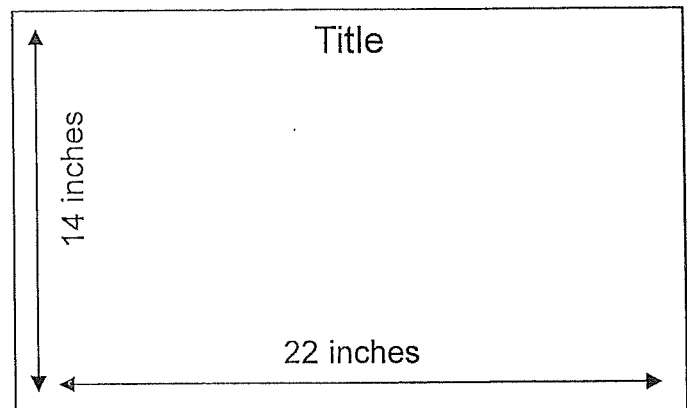


Here is a list of projects that can be shown at the 4-H Fair. Pick *one* of the projects you would like to exhibit at the fair. You do not need to make the projects in any special order. If you have any questions about your projects, please call your leader or the County Extension Office. There are people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

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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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