



Riding a bicycle is a very efficient form of transportation and a fun way to exercise! The 4-H Bicycle project has information to help youth of all skill levels learn how to get started and keep themselves safe while biking.

By developing safe cycling skills such as:

Choosing the right bike,

- Understanding bicycle equipment,
- Learning maintenance and repair,
- Understanding rules of the road,
- Planning and participating in activities and bicycle events,

youth will learn the skills necessary to be successful in 4-H Bicycle Program. Get your wheels in motion with the 4-H Bicycle Program!

### 4-H Thrive!

Positive Youth Development

#### Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

#### Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

#### Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

#### Finding Connection

Youth build solid connections which are critical to their well-being.

#### Forming Character

Create a community where youth play an active role in developing their character.

#### Determining Contribution

Youth actively contribute to their clubs and communities.

### Starting Out Beginner

- Beginners can control their bike while balancing, starting, and stopping.
- Recognize traffic signs and their meaning.
- Demonstrate how to signal and balance while turning.
- Select bicycle safety equipment and demonstrate how to fit a helmet.

### Learning More Intermediate

- Identify bike parts and purposes.
- Select the right size bike and make adjustments to fit a bike correctly.
- Check bicycle tires, brakes, and chains.
- Make emergency turns safely.
- Locate and identify cycling hazards. Plan a bike trip.

### Exploring Depth Advanced

- Seniors are able to find the cause and fix a flat tire, replace brake cables, and shift gears efficiently.
- Remove, clean, lubricate, and replace a bike chain.
- Plot a bike route.
- Ride safely in traffic and at night.



# Expand your experiences!

Service and leadership projects related to the 4-H Bicycle Projects:

- Clean local bike paths of litter and debris.
- Recycled bike drive – ask for donations of unused bicycles, clean/repair them, and donate to those in need.
- Work with a local bike shop or the police department to have a bicycle safety day.
- Organize a social bike ride for fun or a fundraiser.



## Resources

Bicycle Level 1: *Bicycling for Fun*. National 4-H Curriculum.

Bicycle Level 2: *Wheels in Motion*. National 4-H Curriculum.

*Bicycle Helper's Guide*. National 4-H Curriculum.

*Bicycle Safer Journey: Skills for Safe Bicycling for Ages 5 to 18*. U.S. Department of Transportation Federal Highway Administration. Retrieved from:

<https://www.pedbikeinfo.org/bicyclesaferjourney/>

*Bike Safety*. (2024). Stanford Medicine Children's Health. Retrieved from:

<https://www.youtube.com/watch?v=Pc5e8Un05aA>



Connections & Events	Curriculum	4-H Record Book
<p>Take part or volunteer with the iCan Bike Camp at MSU.</p> <p>Junior 4-H'ers:</p> <ul style="list-style-type: none"> <li>• Participate in the bicycle contest at Project Achievement Day (PAD)</li> <li>• Take part in local safety days and camps.</li> </ul> <p>Senior 4-H'ers:</p> <p>Club Congress</p> <ul style="list-style-type: none"> <li>• Participate in the bicycle contest at 4-H Club Congress.</li> <li>• Host an event for National Bike Month (May).</li> </ul>	<p>Bicycle Level 1: <i>Bicycling for Fun</i>. National 4-H Curriculum.</p> <p>Bicycle Level 2: <i>Wheels in Motion</i>. National 4-H Curriculum.</p> <p><i>Bicycle Helper's Guide</i>. National 4-H Curriculum.</p> <p>Available at <a href="https://shop4-h.org/">https://shop4-h.org/</a></p>	<p>4-H youth who participate in the 4-H Bicycle project may submit their record book in the Other Projects/Bicycle Category.</p>

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