

Bicycle



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!

Activity Suggestions

Service and Leadership projects related to the Bicycle Safety Project:

- 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

Competitive Activities (Indicate Jr or Sr or Both):

Judging:

- Junior 4-H'ers: participate in the bicycle contest at Project Achievement Day (PAD); take part in local safety days and camps
- Senior 4-H'ers: participate in bicycle contest at 4-H Club Congress

Visual Presentation:

Miscellaneous:

- Youth who participate in the 4-H Bicycle project may submit their record book in the Other Projects/Bicycle Category.

Connections & Events

For Juniors

Project Achievement
Day Contests
Club events

For Seniors

Club Congress Contests
Club events

Contact your local
Extension office to
learn more.

Resources

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>

4-H Record Book

4-H members practice skills in data collection, organization, and analysis as they document their project activities and goals in their record books. The books provide practical information as well as highlight progress made toward goals.

Juniors and Seniors can enter the state record book competition.

Seniors are eligible to win a trip to National

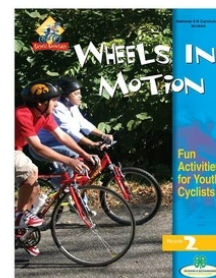
4-H Congress for Bicycle Safety Project record books.

Resources

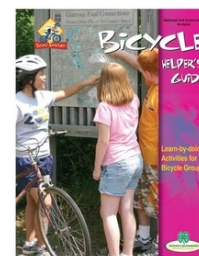
[Bicycle Level 1: Bicycling for Fun. National 4-H Curriculum.](#)



[Bicycle Level 2: Wheels in Motion. National 4-H Curriculum.](#)



[Bicycle Helper's Guide. National 4-H Curriculum.](#)



bicycle tests .pdf



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powerpoint.pptx