



Science, Engineering and Technology

4-H Bicycle

North Dakota 4-H Project Sheet

Ready to see the world's colors whiz by and feel the wind in your face? It's time to take off with the 4-H bicycle project and discover the joy of riding a bike.

- Demonstrate safe cycling skills.
- Repair and maintain a bicycle.
- Plan and participate in cycling activities and events.
- Create an awareness of recreational, health and other applications of cycling.
- Practice the life skills of decision making, leadership, planning, organizing and communication.



Pass it on!

Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Demonstrate how to fix a flat.
- Teach others the importance of bike safety and wearing a helmet.
- Present on hand signals to use while biking.

Citizenship

- Check the fit of a parent's or friend's bike.
- Help with a large bike event.
- Help a younger child lubricate and clean a chain.
- Organize a bike event or activity to raise money for a charity.

Here's what you can do all year!

Bicycling for Fun Level 1

- Select bicycle safety equipment.
- Demonstrate how to fit a helmet.
- Identify bike parts and purposes.
- Choose between bike wants and needs.
- Select the right size bike.
- Make adjustments to fit a bike properly.
- Check bicycle tires, brakes and chains.
- Control my bike while balancing, starting and stopping.
- Stop a bike on a line.
- Recognize traffic signs and their meaning.
- Demonstrate how to signal and balance while turning.
- Locate and identify cycling hazards.
- Plan a bike trip.

Wheels in Motion Level 2

- Learn how to choose a bike.
- Compare tire pressure.
- Pinpoint the cause and fix a flat tire.
- Remove, clean, lubricate and replace a bike chain.
- Replace brake cables.
- Perform the rock dodge maneuver.
- Plot and follow a bike route.
- Ride safely in traffic.
- Make emergency turns safely.
- Demonstrate how to shift gears efficiently.
- Ride safely at night.
- Plan a menu for an all-day bike ride.
- Identify bicycle-related jobs and careers.

Leadership

- Lead a bicycle safety training workshop.
- Hold a bike rodeo.
- Have a club bike trip.

Entrepreneurship

- Develop a bike safety presentation and advertise the service to local community organizations and businesses.
- Start a bike repair business.

NDSU EXTENSION SERVICE
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Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.



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Exhibit Ideas

Here are other opportunities to explore the bicycle project:

- Give a speech or demonstration at your club meeting and county communication event.
- Record a radio ad or volunteer to be interviewed on a local radio station for National Bike Month (May).
- Volunteer to teach a class on bike safety.
- Get a group together to participate in Walk/Bike to School Day.
- Teach a younger member how to make bike repairs.



- Prepare a bicycle safety demonstration/exhibit.
- Prepare a poster showing physical benefits of cycling.
- Give a demonstration about the right size of bike.
- Learn about different types of bikes and where they are used.
- Research bicycling rules about riding on sidewalks, trails and roads in your areas.
- Learn and demonstrate hand signals to be used while biking.

4-H Resources

- [National 4-H Bicycle Adventures Curriculum](#):
 - Level 1 : Bicycling for Fun
 - Level 2: Wheels in Motion
 - Helper's Guide
 - Don't Get Stuck: Fix It DVD (Available for checkout through your county Extension office)

Other Resources

- **Safety Resources**
 - [Bicycle Helmet Safety Institute](#)
 - [Snell Memorial Foundation](#)
- **Internet Resources**
 - [Bicycle Laws in the U.S.](#)
 - [The Stolen Bike Registry](#) (free)
 - [Tandem Bicycling](#)
 - [The Unicycle Page](#)
- [Walk/Bike to School Day](#)
- [North Dakota Biking Trails](#)
- [CANDISC Bicycle Tour](#)

Recordkeeping

- [ND 4-H Project Plan](#)
- [Planning for My Project Adventure](#) (Ages 8-10)
- [ND 4-H Plan of Action](#) (Ages 11-18)
- [ND 4-H Participation Summary for 11- to 19-year-olds](#)



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