



## Bicycle Project Brief

### Learning Objectives

- Learn the parts of a bicycle and how to care for them
- Maintain bicycles in safe condition
- Learn safe bicycle riding rules and perform safety checks
- Develop skill in riding a bicycle
- Learn to make simple repairs/adjustments

### Fair Projects

- Bicycle ride pack
- Bicycle repair kit
- Parts of a bicycle
- Poster - places traveled via bicycle
- Poster - bicycle rules and safety

### Demonstration Ideas

- Hand signals for riding in traffic and safe places to ride
- Care of tires
- Adjusting the handle bar, chain, peddles, and seat for the rider
- Bicycle maintenance
- Safety equipment

### Field Trips

- Organize a bicycle ride
- Visit a bicycle shop
- Visit a store that sells bicycle equipment
- Visit a fitness center
- Participate in a bicycle safety clinic

### Ideas for Speech Topics

- Bicycle Safety
- Incorporating bicycling into your exercise routine
- History of the bicycle
- Bicycling and the environment
- Bicycle marathon experiences
- Famous bicyclers

### Critical Thinking

- What are other sports in which people make sure their equipment fits properly?
- What other times have you had to make adjustments so that equipment operates and performs safely?
- What jobs can you think of that involve maintaining and repairing parts?
- What other times is it necessary to do preventative maintenance for you personal safety?
- How would you go about matching your personal interests and skills to a bicycle-related career?

### Community Service

- Bike-a-thon for charity
- Collect and donate used bikes for children in need
- Volunteer at a bicycle marathon
- Implement a community bicycle safety clinic

### Science & Technology

How have you used science and technology in this project area?

Examples:

- Understand how the parts of a bicycle work together
- Practice bicycle repair
- Maintain bicycle safety

## Show Me Character

**Trustworthiness** - includes honesty, promise keeping and loyalty.

- Only take what you are entitled to
- Return any equipment you borrow, rent or use
- Be on time to activities so everyone can start on time

**Respect** - includes courtesy and proper treatment of people and things.

- Thank people for allowing you to borrow equipment, and make sure you take care of the equipment you borrowed
- Always treat others the way you want to be treated, especially during disagreements
- Always congratulate competitors after an event
- Listen to the rules and to what project leaders and coaches tell you

**Responsibility** - includes the pursuit of excellence, accountability and perseverance.

- Learn how you can be the healthiest "you" possible
- Try out different activities to see what works best for you
- Set goals for your project and work hard to meet those goals
- Spread your work out over the entire project year so you get the best possible results

**Fairness** - involves consistently applying rules and standards appropriately for different age groups and ability levels.

- Treat all people of all ability levels with respect
- Only judge people on their character, not on their physical ability
- Take turns when playing games and sports

**Caring** - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Take responsibility for your own body; making sure you do everything you can to take care of yourself
- Help friends and family understand how to live a healthy lifestyle
- Give friends and family support when they are making changes in their lives

**Citizenship** - includes making the home community and county a better place to live for themselves and others.

- Volunteer to help out with community wellness events
- Always play by the rules
- Think of ways to promote healthy living in your community

## Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Science** - properties and principles of force and motion.
- **Health and Physical Education**- principals and practices of physical and mental health.
- **Mathematics**-geometric and spatial sense involving measurement, trigonometry, and similarity and transformations of shapes.

## Resources

### 731 Bicycle Unit 1

Y620 4-H Project Record

Y7310 Bicycle Adventures - Level 1

LG7340 Bicycle Activity Helper's Guide

### 732 Bicycle Unit 2

Y620 4-H Project Record

Y7320 Bicycle Adventures - Level 2

LG7340 Bicycle Activity Helper's Guide

To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or the 4-H Source Book at <http://www.4-hmall.org/educationalresources.aspx>.

National 4-H Bicycle Contest

<http://www.four-h.purdue.edu/NAENGR/bicycle.html>

Don't Get Stuck, Fix It video and DVD available at

<http://new.4-hcurriculum.org/product.aspx?id=1319&c=Bicycle>