



4-H Bicycle Project



Step It Up!

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

Citizenship/ Leadership

- Work with the local law enforcement to organize a bike rodeo that teaches younger children about bike safety.

Communication

- Give a demonstration on how to properly fix a flat tire.
- Give a speech on the importance of wearing a helmet.

Are you Into It?

Map your own route to the world of bicycling!

In the bicycle project, you will do more than just ride a bike!

- Demonstrate safe cycling skills & equipment.
- Repair & maintain a bicycle.
- Practice life skills of decision making, personal safety, leading others, planning & organizing activities.
- Have fun cycling!

Here's what you can do all year!

Starting Out Basic	Learning More Intermediate	Expanding Horizons Advanced	Healthy Living
<ul style="list-style-type: none"> • Learn the parts of a bike. • Learn about the protective clothing and why it is worn. • Investigate the similarities and differences between different types and purposes of bikes. • Learn how to identify traffic signs and understand what they mean. 	<ul style="list-style-type: none"> • Identify ideal conditions for bicycling and learn what to do if you end up riding in less than ideal conditions. • Research local safety guidelines for bicycles and create awareness through posters. • Learn how to properly use a tire gauge and check the air in your tires. 	<ul style="list-style-type: none"> • Investigate the different types of tire tread and identify the proper use of each. • Learn how to patch a flat tire. • Organize a group ride by mapping out the trip. • Plan a bike rodeo to teach younger children about the importance of bike safety. 	<h3>Science</h3> <ul style="list-style-type: none"> • Organize a group ride • Learn about healthy foods and drinks to fuel the body • Learn why protective clothing is worn while biking. • Learn about physics when making sharp turns and understand how friction can help make these sharp turns.



Expand Your Experiences in Cycling!

- Develop our public speaking skills.
- Practice personal safety.
- Learn how to effectively communicate with others.
- Register for 4-H University to attend workshops, participate in community service events, hear keynotes, compete in contests, have fun, and meet other youth from across Florida who may share common interests: florida4h.org/
- Check out camps at the Florida 4-H Center: florida4h.org/camps
- Educate communities about bike safety & traffic manners
- Contact your county Extension Office for other local workshops, activities, and events.

Project Sharing Ideas

- Give a presentation at school on fitting and wearing a helmet.
- Teach a younger rider how to effectively use a pre-ride check list.
- Conduct a brake check on three of your friend's bikes.
- Volunteer to help at a local bicycle event.

Resources

4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly.

Available at National 4-H: 4-hmall.org

Bicycle: Don't get stuck- Fix it!

Level 1: Bicycling for Fun

Level 2: Wheels in Motion

Available at EDIS: edis.ifas.ufl.edu/

Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be.

Contact your county Extension Office and ask about day camps that are offered over the summer.

Attend these and other statewide events. Check them out at florida4h.org

Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

The following record keeping forms can help you keep a record of your activities.

Project Report Forms can be found at florida4h.org

- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Member Portfolio (ages 8-13)

Awards and Recognition

Certificates, pins, ribbons, trophies, trips an/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

Contact your local 4-H office for these and other supporting project events, activities and award opportunities.

To learn more about current recognition opportunities, visit the Florida 4-H website at florida4h.org or contact your county 4-H agent.