

SUGGESTED COUNTY FAIR CLASSES BICYCLING CURRICULUM

The following list provides ideas for developing county fair Bicycling classes, based on the latest national 4-H curriculum.

LEVEL 1: BICYCLING FOR FUN

1. Poster: protective gear to wear when bicycling
2. Poster: proper way to wear a helmet
3. Display: bicycle parts
4. Poster: buying my first bicycle
5. Display: fitting a bicycle for me
6. Display: bicycle adjustments
7. Poster: bicycle safety check
8. Display: controlling a bicycle
9. Poster: how to make safe stops
10. Display: riding a bicycle in traffic
11. Exhibit: traffic signs
12. Poster: safe scanning
13. Poster: how to make safe turns
14. Display: locating road hazards
15. Display: planning a bicycle trip
16. Completed member guide (08334)

LEVEL 2: WHEELS IN MOTION

1. Display: comparing bicycle features and prices
2. Poster: comparing tire features
3. Display: how to fix a flat tire
4. Display: chain maintenance
5. Display: how to replace caliper brake cables
6. Display: avoiding surface obstacles while riding a bicycle
7. Poster: plotting a safe bicycle route
8. Exhibit: how to be a safe, courteous cyclist
9. Poster: using gears to ride effectively
10. Poster: making emergency turns
11. Poster: using gears efficiently
12. Display: riding safely at night or in bad weather
13. Poster: nutritious menu for an all-day bicycle ride
14. Report: bicycle-related career opportunities
15. Report: bicycle activism or community service
16. Completed member guide (08335)