

Cyclist

1. Complete the Road Safety Award.
2. Demonstrate:
 - a. How to keep the bike clean
 - b. How to safely ride the bike
 - c. Turn signals while riding
 - d. How to take care of the bike
3. Participate in a bike activity.
4. Do a five-mile bike ride.
5. Make a map of where you went.
6. With your family, use your map to retrace your route.



Helps

2.
 - a. Clean and polish the bikes. Then decorate them and have an inspection.
 - b. Set up a barrel race to practice.
 - c. During the above race, use hand signals.
 - d. Have small groups act out good and bad ways of caring for a bike. Have them wear plastic garbage bags and oil the chain.
3. Hold a Bicycle Derby Day:
 - Bike inspection by the police or fire department.
 - Have a pit area for preparing bikes for inspection.
 - Plan a parade for decorated bikes. Give a prize.
 - Play games using bikes: Fast race, slow race, relay race, paper carrier throw, obstacle race, etc.
4. Plan a five mile bike ride. Decorate your bike, then go to a park with paved trails. After the ride have a picnic or go swimming. Have a special reward for those who successfully complete the ride.
5. Map making is fun. Keep it simple. Use pencils and rulers.