



Waldo County 4-H Program
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Putting knowledge to work with the people of Maine

Bike Basics

Purpose of activity: The purpose of this activity is to teach youth fun ways to be physically active and improve their bike riding skills and safety. While new bike riders will have fun building confidence as they learn how to ride a bike, more experienced bike riders will be challenged in the timed activities.

Materials:

- Helmet
- Bicycle
- A safe place to ride your bike
- Sidewalk chalk
- Stop watch
- Optional: Cones

Instructions:

1. Prepare for your bike ride by putting on your helmet and any other protective gear you may have. For resources on finding the right helmet visit bikemaine.org/biking-basics.
2. Before you start riding your bike, review bike safety rules and regulations. This [video](#) is a great review of bicycle safety.
3. Prior to getting on your bike, be sure to complete a bicycle [ABC quick check](#).
4. Select a safe place for riding your bike. You will need a place that is relatively flat and that is free from traffic. Locations that are good for bike riding include paved parking lots or driveway or driveways that have well packed dirt.

Decide course patterns and mark your patterns out on pavement with sidewalk chalk. For examples of patterns visit:

www.extension.umaine.edu/waldo/wp-content/uploads/sites/34/2020/07/Bike-Basics-Bike-Riding-Courses.pdf

5. . If you are riding your bike on a dirt driveway, you may need to use cones to mark your course.
6. Give each of the bike riders a chance to practice the course.
7. Using a stopwatch, time the riders and challenge them to go as slow or as fast as they can with out putting their foot down (or they start over).
8. Try riding your bike through a variety of different courses.

Activity Extensions:

- Invite your family and friends to practice their bike skills with you.
- Plan a family bicycle adventure. Where is a special place that you would like to bike and explore? How about the bike trails at [Acadia National Park](#)? This park has many family friendly bike trails.

Adapted for educational purposes from Kids Activities Blog at kidsactivitiesblog.com



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- How can bike riding help keep you healthy? Do some research into why bike riding is good for your body.
- Take some time to learn the mechanics of your bike. What makes it go when you pedal it and how can you maintain your bike to make sure that you can continue riding it?