

ON YOUR BIKE

LEARNING OUTCOMES

Having completed this badge Adventurers/Sunbeams will be able to:

- identify the important components of a bicycle;
- demonstrate competence in bike riding;
- demonstrate skills to care for a bike;
- remember some bike safety precautions.



BADGE REQUIREMENTS

1. Name the main parts of a bicycle and explain their use.
2. Show basic bike maintenance and cleaning skills.
3. Understand the road and safety rules for bike riders.
4. Demonstrate how to ride a bike.

ADVENTURERS SUNBEAMS

On your bike



CATEGORY

Have a Go

TIME FRAME

Three - Four
weeks

AIM

To teach
members
how to safely
ride and care
for a bike.





Teaching ideas



1. Name the main parts of a bicycle and explain their use.

Bring along a bike to demonstrate to the group. If possible use a bike that is appropriate for the age group. Alternatively use **Leader's Resource 1**.

Point out the following main parts and ask members to identify their use.

- **Frame.** This is the body of a bicycle.
- **Tyres/Wheels.** These turn to move the bike when the pedal connected to the chain is operated. Part of the wheel is the tyre which provides traction to the riding surface. Most tyres have an inner tube which holds the air that inflates the tyre.
- **Valve.** The connection where the air pump attaches to inflate a tyre.
- **Pedals.** When operated, these cause the chain to move.
- **Chain.** The chain causes the rear wheel to turn, creating the bike's motion.
- **Brakes.** When activated, they cause the bike to slow down and/or stop.
- **Seat.** Riders sit on the seat for comfort and safety.
- **Handlebars.** These allow the rider to steer the bike.
- **Handle grips.** Prevent the rider's hands from slipping off the handlebars.
- **Reflectors.** These are attached to the rear and front of the bike and reflect the lights of motor vehicles using the road, indicating to a driver that a bicycle rider is ahead.
- **Bell/horn.** This is used to warn others of bike's approach.
- **Lights.** When riding at night lights are compulsory. A white headlight provides visibility for the rider whilst red tail light warns motorists of the presence of a bike rider on the road.

Use **Handout 1** and/or **Handout 2** to teach or assess this requirement.



2. Show basic bike maintenance and cleaning skills.

To meet the requirement every member must show they are able to complete each of the maintenance and cleaning tasks. This requires practical demonstration.

- **7–10s** must show how to inflate tyres, correctly stand a bike and clean a bike.
- **9–10s** must **also** show how to oil the chain, adjust nuts, bolts, seat and handlebar height. Show how to check that the brakes work.

All Adventurers/Sunbeams should demonstrate skill in the following areas.

- **Demonstrate how to inflate the tyres** using a bicycle pump. Point out the valve and demonstrate how to attach the pump to the valve.
- **Demonstrate how to clean a bike.** Use water and a cloth to wipe the bike frame and seat. If necessary a car wash detergent is suitable.
- **Demonstrate how to stand a bicycle.** Show how to use a bike stand if it is fitted. Also show how to stand a bike using the 3-point method, that is, rear wheel, seat and handlebars touching a wall.

Teaching ideas



TEACHING
IDEAS

Extra work 9–10s: demonstrate how to do the following maintenance.

- **Demonstrate how to oil the chain.** Turn the bike upside down, or suspend the rear wheel off the ground, and apply small amounts of machine oil to the chain near the pedals and along the chain in various locations. Turn the pedals to spread the oil. The chain should move freely. Alternatively WD-40 may be applied to the chain.
- **Demonstrate how to check the seat** for cracks and broken springs and how to adjust the seat height. The seat should be set so the rider can sit on the seat and reach the ground with their feet without leaning the bike over and comfortably reach the handlebars. It should sit flat with the point of the saddle in line with the centre of the handlebars. The seat stem should not be above the maximum height mark.
- **Identify the nuts and bolts on the wheels and handlebars** and demonstrate how to check and/or tighten them.
- **Demonstrate how to check that the brakes work.** For a back brake, turn the pedals anti-clockwise. For handbrakes, check that the brake pads close on the tyres and the bike slows to a stop. Adventurers/Sunbeams aren't necessarily required to know how to repair brakes but they should know how to check that the brakes are in working order.



3. Understand the road and safety rules for bike riders.

Children under 12 years and older riders accompanying them **may ride a bicycle on the footpath** unless specifically prohibited by signs. Riders must keep to the left and give way to pedestrians. Children should be alert for vehicles exiting properties. Special care must be given to driveway crossings and crossing roads.

A bicycle is a vehicle. When riding on the road the rider has the same responsibilities as other road users. Cyclist should always ride no more than two abreast. They must also obey the rules of the road, e.g. obeying traffic and pedestrian signals, stopping at stop signs.

Members should demonstrate appropriate hand signals, i.e. left and right turn, stop signal.

It is compulsory for all riders to wear an approved safety helmet whenever riding. **Ensure that all members know how to fit and adjust their helmets.**

- Approved – make sure the helmet carries the Standards Australia mark.
- The right size and fitted correctly – the helmet should be comfortable and not too tight or loose. Caps should not be worn under helmets as they ruin the fit – wear a visor over the helmet to protect you from the sun. Choose a helmet that is not too heavy and provides good ventilation.
- Positioned on head properly – the helmet should sit level on the head, covering the forehead, with the rim just above the eyebrows. The straps should be correctly adjusted and the buckle securely fastened. The straps should form a 'V' shape with the chin.
- Kept in good condition – if the helmet hits an object or the road, it should be replaced. Helmets shouldn't be exposed to direct sunlight when not in use; the foam should not be old and crumbling, and



Teaching ideas

the helmet should be cleaned according to the manufacturer's instructions.

Road safety includes a working bell/horn, brakes and lights. Bike riders should also wear bright clothing, especially when riding at night, to increase their visibility to others. Enclosed footwear should be worn to protect the feet; thongs and sandals are dangerous and should not be worn.



4. Demonstrate how to ride a bike.

Teaching a child to ride a bike should be done by the child's parent/s. Obtain parents' permission before any 'teaching' to ride a bike is planned.

To meet this requirement, members must show they know how to ride a bike and comply with road and safety rules.

Game

Set up a mock road course in your hall with road signs. Members move about the course on foot obeying the rules and using the appropriate hand signals.

Outdoor requirements

7-8s to complete a 2 km ride with at least 3 turns.

9-10s to complete a 4 km ride with at least 5 turns and 2 stops.

Taking the children out into a public place will require divisional and parental permission. Also ensure that there are sufficient *experienced* adult riders to accompany the children.

Consider involving parents in this badge, and also making this part of a SAGALA or Corps family social activity, e.g. a Saturday picnic.

Leader's resource 1

Use this resource if you are unable to obtain a bicycle on which to demonstrate.



Handout 1 -

Adventurers/sunbeams

Draw a line to match each word to the correct bicycle part.

WHEELS

TYRES

BRAKES

BELL

REFLECTOR &

TAIL LIGHTS

PEDALS

FRAME

VALVES

SEAT

CHAIN

FRONT LIGHT

HANDLEBARS &
HANDLE GRIPS



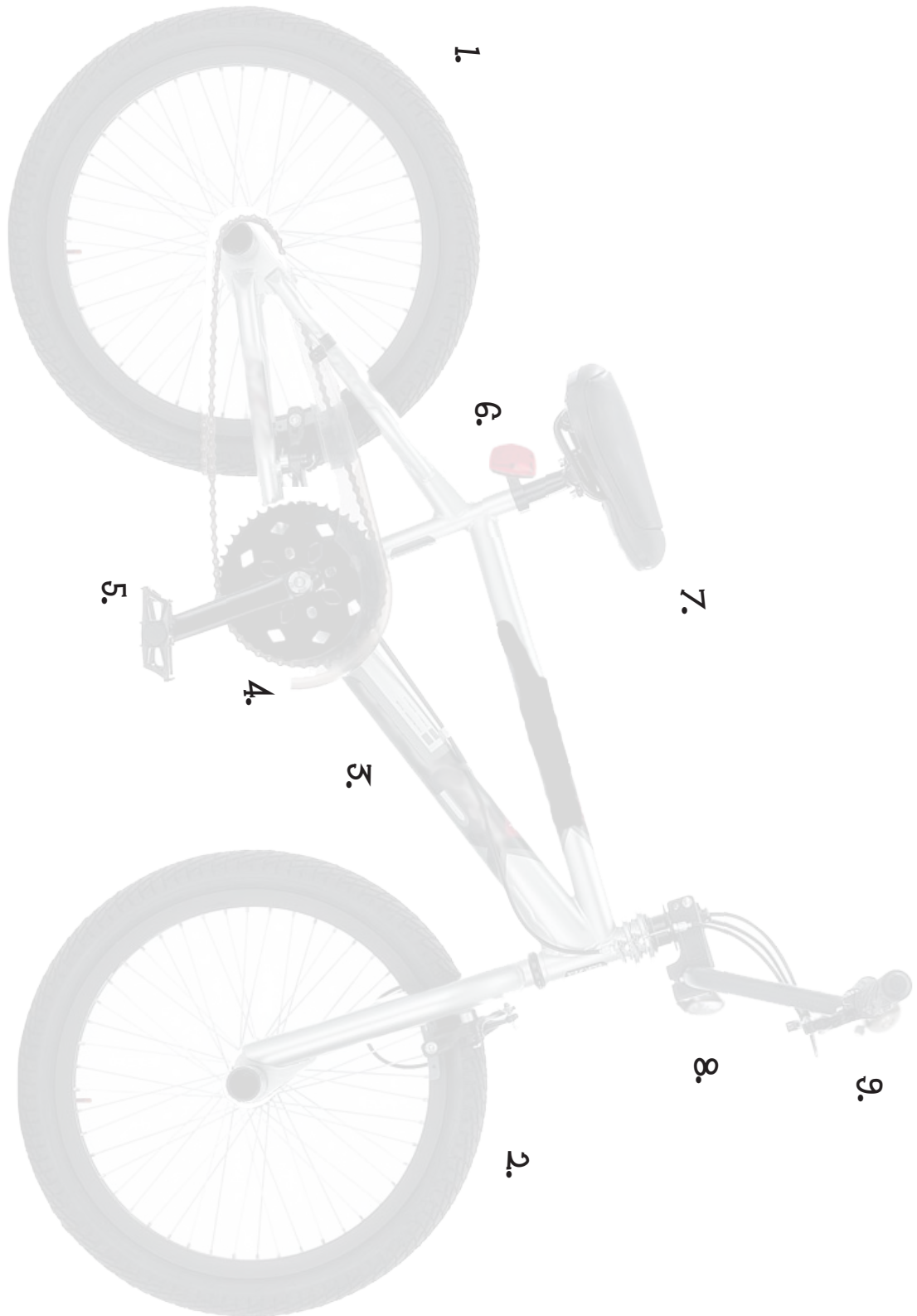
Handout 2 -

Adventurers/sunbeams

Cut out each bicycle part and glue them on to the backing sheet on the next page in the appropriate place to create a bicycle. Start with part number 1.



Handout 2 (cont'd) - Adventurers/Sunbeams



Devotional ideas



1. **Title:** Stay on track
Bible: Daniel 3
Thought: Keep on track toward God

Ask if any of the group have ridden on a bike track. Invite them to talk briefly about their experience, e.g. what the best or worst part was, who they rode with.

Bike tracks often make riding easier though sometimes there are cracks in the concrete, potholes on the path, or trees on the track. Sometimes there are things on our track that make the ride harder. There may be other tracks that lead off the main track. While sometimes these take us to great places, they might also lead us away from our original destination.

The same is true about following God. We can easily take a track that leads us away from God. Here is a story of some young men who could easily have followed a track away from God, but instead kept following God even when it became tough.

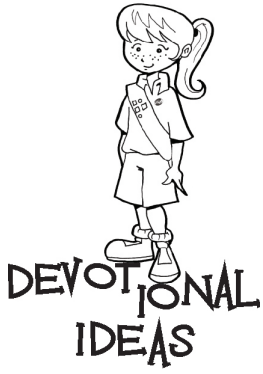
King Nebuchadnezzar wanted all the people to bow down to a statue of himself. Shadrack, Meshack and Abednego couldn't do that because they worshipped God and God said that only He should be worshipped. Read Daniel 3:16 - 18. The king was furious and threatened to throw the three men into a huge fire, but still they wouldn't bow down to the statue. So the king threw them into the fire. The king thought that was it, but he noticed that the three men were alive and walking around in the fire as if nothing was wrong. But not just three men – the king saw four men! The king called the men to come out of the fire and when they stood before him unhurt he knew that they had followed God and God was with them.

We probably won't be thrown into a fire but we might be tempted to follow a track that leads us away from God. We will need to be determined to stay on the track that leads us toward God even when that track gets tough.

To close, everyone could say together 'They trusted God and refused to obey the King's commands.' (Daniel 3:28)



DEVOTIONAL
IDEAS



Devotional ideas



2. Title: Keeping upright and true

Bible: Titus 1:8b

Thought: Being self-controlled and disciplined are pleasing to God and keep us upright and on track

Supplies: Bike

Allow a few children to demonstrate their bike riding skill for a few metres in your meeting room. How well did they ride? Were any riders a bit 'wobbly'?

What do we need to do to keep ourselves upright on a bike? *(Initial help from our parent/s, keep our eyes looking ahead, our back straight, provide power to the bike through our legs.)*

What happens when we try to show off to our friends or do silly tricks? *(Allow children to respond.)* When others see us doing these things, what do you think they will do?

Titus chapter 1 lists the qualities of someone who pleases God in his life and his work. The qualities are self-control, being upright, holy and disciplined. This means that they do not act in a silly way, they are honest and trustworthy, they respect and love God and they try to do what is right at all times.

Can you see if we had these things in our life they would make us a better bike rider?

It would mean that we would no longer do silly things on our bike that might hurt ourselves and others, we would treat our bike in a way that would keep it in good condition so we could ride it for longer, we would obey the rules for safety on the path and roadway, we would not be tempted to show off, we would enjoy all the things that being a good confident trustworthy cyclist gives.

Pray together, 'Father God, help me to be a good cyclist for you. May I remember to ride safely, always thinking of others and obeying the rules. Give me courage to always be sensible when I ride and not show off to my friends but to show that I have self-control. May I be considered a trustworthy rider for all my life, keeping my eyes fixed on you and on the track ahead. Amen.'