



Meeting

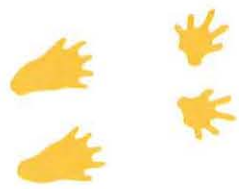
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Bike Rodeo



Here are instructions for a fun meeting where Eager Beavers will learn about bike safety and have a chance to demonstrate their bike skills. Adapt the activities to meet the needs of your Eager Beavers or create your own activities.





MEETING LENGTH

60-80 MINUTES

- Opening (5 minutes)
- Story Time (10 minutes)
- Activities (40-60 minutes)
- Closing (5 minutes)

Opening

Using a beaver puppet, greet each of the children by name and welcome them all to Eager Beavers. Have the children sit in a circle.

5

MINUTES



Listen to a story about cycling.

CHIP COMPLETED

BEGINNING BIKING



Story Time

10

MINUTES

BIKE SAFETY

Begin by reading a book about cycling safety such as *Biking* (Klingel, 2000), *Pedal Power* (Delton, 1998), *D.W. Rides Again* (Flips, 1996), or *Play It Safe* (Mayer, 2004). Then explain to the children what they will be doing during the meeting and what the rules are.

MATERIALS NEEDED

- Book about bike safety

NOTE: Make sure all Eager Beavers have a way to participate in this meeting even if they do not ride a bike. They can ride anything on wheels. Also, they can be assigned tasks at stations.





The following activities fulfill the requirements for the Beginning Biking chip.

Bike Adornment

Provide crepe paper, flags, or balloons for the children to decorate their bikes. However, make sure the decorations don't obstruct the child's ability to ride safely.



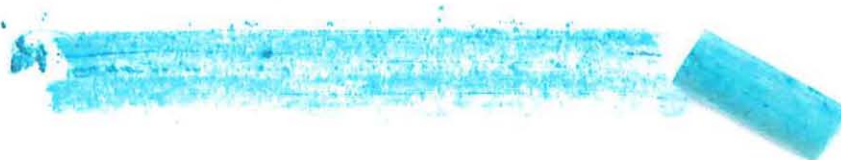
Obstacle Course

Using gallon milk jugs filled with sand, set up several obstacle courses that the children can ride through.



City Streets

Draw streets with lots of curves, stops, and turns for the children to ride through. You might include a main road and side streets.



Helmet Check

Show the children how to correctly wear their helmets and check to make sure their helmets fit. If they don't fit, let a parent/guardian know.



1

STATION

MATERIALS NEEDED

- Crepe paper, balloons, or flags

2

STATION

MATERIALS NEEDED

- Gallon milk jugs
- Sand

3

STATION

MATERIALS NEEDED

- Sidewalk chalk

4

STATION

MATERIALS NEEDED

- Helmets, one per child



Once the children have completed all of the stations give them a bike-themed gift such as a water bottle, cycling gloves, or a repair kit.

STATION

5

MATERIALS NEEDED

- Tools for bike repair station

Bike Repair

You'll need some handy folks at this station to do the following: air up tires, adjust seats, and check brakes and chains.



STATION

6

MATERIALS NEEDED

- Street signs

Safety Rules

For this station, find a dynamic person who can role play the rules with the children. Some rules to include: look both ways before crossing a street, ride with both hands on the handlebars, always wear a helmet, and street sign meanings.



STATION

7

MATERIALS NEEDED

- Bike registration forms and pens

Bike Registration

Have an adult help kids fill out forms to register their bikes. You could ask a police officer to help.



STATION

8

MATERIALS NEEDED

- Prizes for rodeo completion

Final Station

Check to make sure that each child has made it through all of the stations and then give them a prize for completing the rodeo.



Chip: Beginning Biking