

# Outdoor Recreation Bicycle Lv 2-Wheels in Motion

Enroll in ZSuite Under this Project Name: OR-BICYCLE-Lv 2: Wheels in Motion

Approved for 2023-24 Project Year

Approved for 2020 2 11 roject real

**Project Description:** Youth will learn advanced cycling skills as they explore their surroundings. Topics

include shopping for a bike, performing specialized repairs and maintenance, shifting

gears, riding safely at night or in bad weather, and good nutrition for cyclists.

#### **REQUIRED YOUTH CURRICULUM**

Wheels in Motion (#08335), 2006

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

#### REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

Bicycle Helper's Guide (#08336), 2006

#### **SUPPLEMENTAL RESOURCES**

none

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## Outdoor Recreation Bicycle Lv 2-Wheels in Motion

### PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS		
Complete a minimum of 7 activities (5 regular and 2 pedaling harder) in the Wheels in Motion project		
manual.		
Finish all 4 steps of the Planning Guide.		
Complete this book within 2 years.		
Have your project helper date (month and year) and initial each activity when it is finished.		
Complete the 4-H Project Record Book for this project in your ZSuite Member Account		
Fill out your 4-H Involvement Report in your ZSuite Member Account		
Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related		
to this project. Recommended guidelines for length of oral presentations are:		
Junior: 5-8 minutes		
Intermediate: 8-10 minutes		
Senior: 10-12 minutes		

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST		
	Completed Idaho 4-H Involvement Report (ZSuite)	
	Completed Idaho 4-H Project Record Book for this project (ZSuite)	
	Wheels in Motion project manual.	
	A poster (14" x 22") or display illustrating something you learned in the project this year.	

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