
BEGINNING BIKING

1. Know how to ride a bike without training wheels.
2. Be able to ride three blocks in your neighborhood.
3. Know three biking safety rules.
4. Color a picture of a bicycle and be able to identify the following:
 - a. handlebars
 - b. chain and guard
 - c. spokes
 - d. seat
 - e. main frame
5. How are tires pumped up?

Answer for #3:

- a. Never ride out into the street without looking.
- b. Never ride anyone on the bike with you.
- c. Ride with both hands on handlebars.
- d. Be careful not to ride into someone walking on road or into another cyclist.
- e. Always use a biking helmet.



Category: Physical Activity
