



BICYCLING FOR FUN SCORE SHEET

Complete **five** (5) regular and **two** (2) "Pedaling Harder" activities in the Bicycling For Fun Achievement Program each year. Complete the program in two years. If you do additional activities, please **check** ($\sqrt{}$) the **seven** (7) activities you want to be graded. Record in your Bicycling For Fun notebook the what, when, where, and how you accomplished each selected "Pedaling Harder" activity. Include your notebook with your project book for grading. (**Maximum: 42 points only.**)

	Possible Points	Score First Year	Score Second Year
Activity 1: Body Protection Wearing protective equipment (pages 6-7) Pedaling Harder activity (page 7)	<u>6</u> 6		
Activity 2: Protect Your Noggin Fitting a helmet (pages 8-9) Pedaling Harder activity (page 9)	<u>6</u> 6		<u> </u>
Activity 3: Getting to Know Your Bike Identifying bike parts and purposes (pages 10-11) Pedaling Harder activity (page 11)	<u>6</u> 6		
Activity 4: Your First Bike! Gathering information for a bike purchase (pages 12-13) Pedaling Harder activity (page 13)	<u>6</u> 6		·
Activity 5: Just the Right Fit Fitting a bike (pages 14-15) Pedaling Harder activity (page 15)	<u>6</u> 6		
Activity 6: Finding Your Groove Adjusting bike equipment (pages 16-17) Pedaling Harder activity (page 17)	<u>6</u> 6		
Activity 7: ABC Bike Check Checking your bike (pages 18-19) Pedaling Harder activity (page 19)	<u>6</u> 6		
Activity 8: On Your Bike Controlling a bike (pages 20-21) Pedaling Harder activity (page 21)	<u>6</u> 6		<u> </u>
Activity 9: Braking and Stopping Making a quick stop (pages 22-23) Pedaling Harder activity (page 23)	<u>6</u>		

Activity 10: Is the Coast Clear?		
Stopping and observing (pages 24-25)	6	
Pedaling Harder activity (page 25)	6	
Activity 11: Sign Language		
Identifying traffic signs (page 26-27)	6	
Pedaling Harder activity (page 27)	6	
Activity 12: Scanning the Area		
Developing scanning skills (pages 28-29)	6	
Pedaling Harder activity (page 29)	6	
Activity 13: Taking Turns		
Signaling and turning (pages 30-31)	6	
Pedaling Harder activity (page 31)	6	
Activity 14: Be Road Smart		
Locating road hazards (pages 32-33)	6	
Pedaling Harder activity (page 33)	6	
Activity 15: How Do I Get There?		
Planning a bicycle trip (pages 34-35)	6	
Pedaling Harder activity (page 35)	6	 ·
My Own "Pedaling Harder" Activities		
·	6	
	6	
	6	
	6	
Bicycling For Fun		
Planning Guide (page 3)	6	
Achievement Program (page 4)	2	
Exhibit: (Maximum: 30 points only)	30	
Your bicycle <i>and</i> a poster or display with a story		
describing your favorite bicycle activity completed		
this year in Bicycling For Fun plus your "Pedaling		
Harder" activities notebook and project book.		
Activity Record		
Tiourny record		
Total Carra	100	
Total Score	100	
Judges Comments:		

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Director, Cooperative Extension Service, West Virginia University.