

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

CYCLING

PHYSICAL CORE

Version 2026.1



Helmet, Check, Ride

Fit a helmet, check your bike, and practice riding safely with the group.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has fit a helmet using the two-finger rule.
- Has run the ABC bike check on his own bike.
- Has used three hand signals: left, right, and slow.
- Has ridden a slow weave course with the group.

📦 BRING / SET UP

- A bike and a helmet for each Junior Saint (a balance bike or walking the bike is fine for the youngest)
- Eight cones or markers (six for the slow course, two for start and stop)
- A small bike pump and a tire-pressure gauge (for the ABC check)
- A whistle for the leader (to start and stop the riding drills)
- A water bottle for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Cycling** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

HELMET, CHECK, RIDE (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one place he has ridden a bike. Examples: the driveway, a park, a sidewalk, around the block. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Fit your helmet**

⌚ 8 min

1. Hold up a helmet. Point at the front, the back, and the straps.
2. Put the helmet on flat. It should sit two fingers above your eyebrows.
3. Buckle the chin strap. You should fit one finger under the strap, no more.
4. Open your mouth wide. The helmet should pull down on top a little.
5. Shake your head no, then yes. The helmet should not slide around.
6. Teaching point: a loose helmet does not save your head. Fit it every ride.

BLOCK 3 · SKILL PRACTICE **Run the ABC bike check**

⌚ 12 min

1. Three letters to remember: A is air, B is brakes, C is chain.
2. A — Air: squeeze each tire with your fingers. It should feel hard, not soft.
3. B — Brakes: lift the front wheel and spin it. Squeeze the front brake. The wheel stops.
4. B again: same thing with the back brake. Each brake stops its own wheel.
5. C — Chain: look at the chain. It should be on the gears, not hanging loose.
6. Each Junior Saint runs ABC on his own bike. The leader checks each one.

BLOCK 4 · SKILL PRACTICE **Hand signals**

⌚ 10 min

1. Stand off your bikes for this one. Hand signals tell drivers and other riders what you will do.
2. Left turn: stick your left arm straight out to the side.
3. Right turn: stick your right arm straight out to the side.
4. Slow or stop: hold your left hand down with the palm back.
5. The leader calls a signal. Everyone makes it. Five rounds.
6. Now pair up. One youth calls a turn, the partner signals it. Switch.

HELMET, CHECK, RIDE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · PHYSICAL **The slow course**

⌚ 18 min

1. Six cones set in a wavy line, about four feet apart.
2. Walking the bike is fine if a youth is not ready to ride yet.
3. Round one: ride between the cones in a slow weave. Look ahead, not at the cone.
4. Round two: ride the weave, then signal a left turn at the last cone.
5. Round three: ride the weave, then signal a right turn.
6. Stop at the last cone. Both feet down on the ground.
7. Round four: pair up. Ride single file, three bike lengths apart. The leader watches.
8. Teaching point: looking ahead keeps you steady. Looking down tips you over.

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 7 min

1. Park your bikes. Stand in a circle. Take off your helmets.
2. Stretch your arms, neck, and legs. Hold each for 10 seconds.
3. Drink water.
4. Each Junior Saint says: 'I finished __ rounds of the slow course.' Just the number.
5. Group cheer: 'Helmet on, head safe!' Three times.
6. Homework: run ABC on your bike with your parent before your next ride.

AT THE CLOSE · DEBRIEF

1. What does ABC stand for? Say each letter out loud.
2. Show the group the hand signal for a left turn.
3. How many rounds of the slow course did you finish? Tell the group your number.

📋 *This is a Junior Saints preview session. No Cycling BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — RUN THE ABC BIKE CHECK

The ABC Bike Check

Print and hold up at the start of every ride. Run the check before you ride.

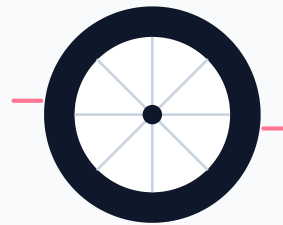
CYCLING · JUNIOR SAINTS CARD

Three checks before every ride.

A is Air. B is Brakes. C is Chain. Run all three, every time, before you swing a leg over.

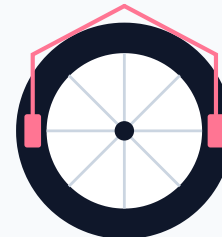
A Air — check the tires

- Squeeze each tire with your fingers.
- The tire should feel hard, not soft.
- Soft tires roll slow. Soft tires get flats.
- A grown-up can add air with the pump.



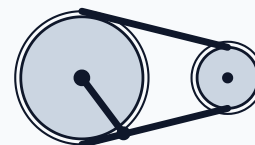
B Brakes — front and back

- Lift the front wheel. Spin it.
- Squeeze the front brake. The wheel stops fast.
- Do the same with the back wheel and back brake.
- Each brake should stop its own wheel.



C Chain — on the gears

- Look at the chain on both ends.
- It should sit on a gear, not hang loose.
- If the chain is off, a grown-up puts it back.
- Wipe oil off your hands when you are done.



Run ABC every ride. Then put your helmet on.

Print this handout for in-person reference during the session.