

**Wheelz Award**

Organise several days ahead for a person to speak about the topic of bike riding & maintenance. This person could be a mechanic who works on bikes, or a well-known competitor in BMX or perhaps, someone who is passionate about mountain bike riding.

**Aim:**

To teach the girls how to care for, ride & be safe on their bikes. (*Check how many don't have bikes, they can still learn the basics, but on the last night do a walk instead of a bike ride*).

**Objectives:**

- The girls will learn how to and how not to treat their bikes.
- They will learn about basic bike maintenance including puncture repair.
- They will be told how to ride safely on the road.
- Each group will learn and have a go at repairing a puncture.

**Equipment needed:**

The visitor may have their own bike. If not you will need to bring one for them to use.

- A single bike for each team to ride on during a time trial race. Time trials are the safest way to measure speed & will eliminate girls crashing into each other.
- Special safety gear (helmets etc).
- Bible
- Copy of the Road Code
- Stop watch.

**Preparation:**

Collect all the necessary equipment and have it placed correctly so the programme flows once it commences.

Set out a track that each team can use for a time trial after the bike expert has spoken.

**Devotion:**

"When the writing is on the wall." About following road signs and making correct choices in the direction we head in life.

Ask the girls the following:

*How many road signs can you describe to me?*

*What signs would indicate danger ahead or warn you about something unexpected? What should a road user do in those times?*

*Have you ever seen an accident that was the result of someone failing to read the signs?*

**Illustration.**

It was hot. It was summer. It hadn't rained for ages. And then one day, it seemed like the heavens opened. The rain bucketed down. It was torrential. There were flash floods. The road working gang, hardly had time to put up the road warning signs. If it didn't stop raining there was a danger of falling rocks. There was also the danger of slippery roads from too much rain after too much sun.

It was cold. It was winter. It hadn't been sunny in days. And then one day it was freezing. It was so cold that it started to snow. It seemed to happen instantly. The graders had to be hauled into action to try and clear the roads. The road working gang worked overtime to put up their warning signs. The roads were covered in black ice. The roads were treacherous.

No matter what time of year, what type of climate or whereabouts in New Zealand you are travelling, before you go too far, you'll encounter road works and warning signs. The signs are there to warn us of potential dangers. If we refuse to take notice of the warning signs, we can create trouble for ourselves and maybe others as well.

In Daniel 5 we read a story of Daniel advising a king. This time the king was enjoying a great banquet when he saw what looked like human hand writing on the wall of the palace. The king was badly frightened and called his advisors to him. They weren't much use, so finally Daniel was brought to the king. Daniel told the king that although he had known about God, he had refused to take him seriously and had even encouraged people to mock God with their actions. Now God was sending the king a message to tell him that because of this his days were numbered. The writing was on the wall.

We can't ignore warning signs. If a driver ignores the road signs when they drive, then they take danger into their own hands. In the same way we need to recognise the signs today. There are signs warning us about many choices we can make in our lives. Some of our choices will be dangerous, unhealthy and wrong. Some of the signs of our culture try to tell us that God's way is not the way to go. *What kind of signs do you think would show us this today?*

But God is known to us. We need to be looking for the signs that show his love for us and his interest in us. We need to read the signs and react to them. We need to take God seriously and let our actions show others about him. We do not want to see the writing on the wall.

Prayer:

Lord, help us to see the signs and understand them. Help us to take you seriously and let our actions show our faith in you.

Follow up ideas:

- Find out about the saying, "The writing is on the wall."
- Go for a walk and read the road signs. Think about the warning each provides.
- Make a list of 'signs' today that we should read as warnings.

### **Teaching Session:**

Provide a list of points to the guest speaker prior to the session and discuss with them what points they will cover so their expectations and your expectations are well matched. Ensure they cover the points set out in the objectives listed above. Don't forget to introduce the visitor with excitement so the girls warm to them. Ask the visitor to share something about themselves at the beginning, so they get their attention first. If the visitor is too young to know about the road rules this portion of the lesson should be taken by you or another leader who can teach the basics.

**Games:**

## Time trial race

- Organise a time trial race between each group. Each team races one team at a time against the clock, for safety reasons.
- The whole team must complete the set course one by one in relay fashion.
- Look for the way they care for the bike in each transition period - do they mistreat the bike or look after it?
- Time them overall with the stopwatch and award the winning team points for completion first.
- Award the most points for the team that cares for the bike the best during the race.
- Award points for the best individual performance.

**Interest:**

Get the visitor to demonstrate puncture repair. Mention that they will be given an opportunity to see the repair next week & will be able to repair punctures themselves.

**Conclusion:**

Review the devotion main points, the lesson objectives with the girls & remind them to ride safely on the road.

Close in prayer then hand out any notices to each child as they leave.

**Home time**

This session follows directly on from the previous week's Wheelz programme. Contact an owner, or manager, of a local bike shop, in close proximity to where the Unit meet and ask them if they will allow you to bring the group down to the shop after they have closed. Brief them on what topics you want them to talk about and offer suggestions on how they could set out the programme from the list that follows this page. Preferably visit a shop that specialises in bikes only as specialist bike shops will be staffed by people who are passionate about bikes and are likely to be young.

**Aim:**

Getting the girls to think about and begin to carry out their own maintenance and puncture repairs.

**Objectives:**

- The girls visit a local bike shop and learn a little about the history of bikes.
- Each group will learn and have a go at repairing a puncture.
- Girls will compete in a fault identifying exercise. (See later in this outline).

**Equipment needed:**

- Three bikes with the same "Faults".
- Tubes for the girls to repair a puncture.
- Tools for use in bike maintenance.
- A puncture repair kit.
- A bike for each team to ride during a time trial race.
- Bible
- Road code
- Stop watch.

**Preparation:**

Give a list of requirements to the speaker in the week prior to the visit.

**Devotion:**

The 10 commandments. (Exodus 20, Romans 3:19-25)

*How do you know our road rules?*

*When we know that we should stop at a red light, is it OK to ride your bike through the light if there are no cars coming?*

*Does it matter if you cross 100m away from the pedestrian crossing?*

*Why should you bother waiting until the right age to start driving a car?*

In the Bible we read the story of Moses leading the Hebrew people out of Egypt. They were still wandering around the desert when God wanted to tell them some laws to live by. Today we call them The Ten Commandments. They were used as a starting point for many countries making their rules. In more recent times, the world has moved to decide rules on what we think is right, rather than on any suggestions from a higher authority such as God. But still, people talk about the Ten Commandments.

*Do you know any of them?*

- Do not worship any other God except me
- Do not make idols
- Do not misuse my name
- Remember the Sabbath day belongs to me
- Respect your father and mother
- Do not murder
- Do not commit adultery
- Do not steal
- Do not tell lies about others
- Don't want anything that belongs to someone else

*Why should we still consider the 10 commandments as being important today?*

*Do you understand them?*

*Let's go through them and try to understand each one.*

*How many of these do you have to 'pass' to please God?*

The bad news that the pass mark for the 10 commandments is 100%. We need to get 10 out of 10 to pass God's test. Oh no! Impossible!! Hang on!..... Before you think it's time to stop bothering God because it's all too hard.... There's some good news! After Jesus came, things changed a bit. And it's very good news for us!

**Bible Reading:**

We know that everything in the Law was written for those who are under its power. The law says these things to stop anyone from making excuses and to let God show that the whole world is guilty. God doesn't accept people simply because they obey the law. No, indeed! All the law does is point out our sin. Now we see how God does make us acceptable to him. The Law and the prophets tell us how we become acceptable, and it isn't by obeying the Law of Moses. God treats everyone alike. He accepts people only because they have faith in Jesus Christ. All have fallen short of God's glory. But God treats us much better than we deserve, and because of Jesus Christ, he freely accepts us and sets us free from our sins. (Romans 3:19-25)

The law is still important. It is a guideline to live by.... but mostly, it shows us how much we fall short of what God wants. There are times when we've been disrespectful to our parents, times when we've told a lie, times when we're more interested in being with our friends than being with God. The law is a way for us to see that we break it. We are separated from God because we do things wrong. BUT this is the good news! Jesus came. He changed things. God accepts us because we have faith in Jesus. Jesus offers us forgiveness for all the things we do wrong. It's good news!!

**Prayer:**

Thank you for the good news that we can be accepted by God by having faith in you. We want to be committed to you right now. Amen

### **Teaching Session:**

#### Maintenance and Puncture repair

Provide the list of points to the guest speaker prior for the session and discuss the specifics with them. Ensure they cover the points set out in the objectives listed above. Don't forget to introduce the visitor with excitement so the girls warm to them.

- Demonstrate the main points of repairing a puncture repair including:
  - Removal of the wheel, tyre and tube.
  - Testing to find the hole (in water).
  - Roughing up the rubber for patch to stick onto.
  - Glue and waiting time (for glue to go dull).
  - Placing the patch on and waiting for the setting time.
  - Placing tube back inside the tyre correctly and re-inflating the tyre.
- Demonstrate brake cable, lever and shoe adjustments.
- Lubrication of chain (using very thin oil), cables and other parts needing oil etc.
- Demonstrate the checking of other parts like wheel cones, spokes, nuts etc.
- Finally, allow each team to remove a tube from the rim, check for holes and repair the puncture they found.

### **Games Competition:**

15 minutes fault finding

The girls should be divided into their teams and each given the following list of faults to identify.

1. Loose seat stem.
2. Rear breaks not working.
3. Flat rear tyre.
4. Loose handlebars.
5. Front right axle nut loose.
6. Pedal bolt/nut not tight (Where the pedal is bolted into the Crank).
7. Missing rear reflector.

### **Interest:**

Get the visitor to demonstrate the puncture repair then set them to the task of repairing the punctures in their own teams. Make a race of it if time allows.

### **Conclusion:**

Review the devotion main points, the lesson objectives with the girls and remind them to ride safely on the road.

Close in prayer then hand out any notices to each child as they leave.

### **Home time**

**Aim:**

Take the girls out on a bike ride. If there are any girls who do not have a bike or cannot ride, arrange for them to go out on a walk still putting into practice road safety skills they have learned.

**Objective:**

- To get the girls used to checking bikes before they go out.
- Put into practice road safety skills learned.

**Equipment needed:**

- Bikes for everyone.
- Helmets
- Puncture repair kits - not everyone needs one

**Preparation:**

Plot your ride taking note of anything you need to explain to the girls prior to departing. Have girls do their own safety checks on their bikes before leaving.

**Devotion:**

2 Timothy 3 : 14-17

If we get a new bike, but all the parts are in a box and we need to put it together ourselves, we need to read the instructions. If we don't read the instructions on how to put it together, we most probably will end up with a bike that may not work as it should and may even be unsafe to ride. It's the same with our lives. If we don't take notice of God's instructions in the Bible, we may end up off track and even in unsafe situations. God's word is like a road code for our lives. We need to read it daily and go to it when we need help and answers.

When we go out on the road with our bikes, we need to take note of the road signs, they are there to help keep us safe, and to show us the way, just like the Bible does. If a sign says "stop" we need to stop, and if it says "give-way" we need to do that as well.

The Bible is what we use to guide us in our daily lives. It is like the road code, it gives us instructions on how we should live, how to keep ourselves safe. Just like we need to follow the road code and road rules when we are out on our bikes, we also need to follow God's word in the Bible to keep us safe and on the right track in our lives.

Do you know that the best friend you can ever have is Jesus? I'm sure you do, but do you know why? *(allow answers)*

It is because the Bible says that He stands at our side. He doesn't stand behind us and push us - and we certainly wouldn't want that happening if we were riding our bikes, He doesn't stand in front of us and pull us along either. He stands next to us, at our side, to give us strength and to encourage us, and to let us know that He's right with us all the time. True friends stand together, Jesus is a true friend, trust Him.

**Prayer**

**Activity:**

Head out for a bike ride.

**Conclusion:**

Have a short debrief with the girls on return from their bike ride, discuss with them any problems or concerns they have in regards to safety while cycling.

It would be nice if there is time to finish the evening with a drink and a biscuit, the girls could have this during the debrief.

**Close in Prayer.**

Hand out any notices for next week.