

# INTRODUCTION ACTIVITY

## Bicycle Safety Video

### Timeframe

**Beginner:** 15 minutes  
**Intermediate:** 15 minutes  
**Advanced:** 15 minutes

### Objective

At the conclusion of this activity, the student will be able to:

1. Describe key concepts of safe riding, as measured by participation in a peer discussion about bicycle safety. (Cognitive)

### National Standard

Standard 2

### Equipment

- *Bike Safe Bike Smart* (DVD)
- *Ride Smart - It's Time to Start* (DVD)
- Audiovisual equipment

### Teacher Overview

This activity prompts students to begin thinking about bicycle safety by asking them questions about what they think are correct bicycling behaviors. Videos are used to demonstrate proper behaviors and further prompt the students' thought process.

### Preparation

1. Preview and download one or both of the National Highway Traffic Safety Administration (NHTSA) videos available at:  
<http://www.nhtsa.gov/bicycles> under videos and clips or order a copy at: <http://mcs.nhtsa.gov>

### Bicycle Safety Videos.

Other bicycle safety videos are available from a variety of sources and may be appropriate as well. However, videos other than the ones recommended above, should be previewed before using in class to ensure accuracy and consistency with the information to be presented.

**Bike Safe Bike Smart.** "This entertaining, yet instructional, nine-minute bicycle safety video uses a visually stimulating, peer-to-peer approach to teach elementary and middle school aged audiences how to Bike Safe Bike Smart. Viewers will learn about: the rules of the road, signaling, riding at night, safe riding practices and risky behaviors that they should avoid. There are also tips for purchasing and correctly fitting a bicycle helmet."

**Ride Smart - It's Time to Start.** "This funky, fast-paced video uses humor, real-life examples, computer graphics and a peer-to-peer approach to teach middle and high school youth about how wearing a bicycle helmet can protect them from serious injuries (including brain injuries) and death. The approximately nine-minute video features a diverse group of teens and pre-teens modeling the newest, coolest looks in helmets and includes the entertaining yet instructional "raw egg drop" demonstration. The video also explains how to correctly fit and position a bicycle helmet and select a helmet that meets Consumer Product Safety Commission (CPSC) standards. It also discusses key rules of the road. The video's target audience is middle-school children (grades 5-9) and can be used by parents, youth groups, medical personnel, traffic safety organizations, educators and injury prevention groups."

2. Set up appropriate audiovisual equipment to show videos in class.

**Directions**

1. Introduce this activity using the following prompt:

*Today, we are going to learn how many of you ride bicycles, and we will begin to discuss some bicycle safety skills that everyone should use to stay safe and have fun.*

2. Use the following sample questions to prompt students' thinking about the content in this activity.

**Q: How many of you ride your bicycle to school? To a friend's house? Around the neighborhood?**

**A:** All responses are acceptable

**Q: What does safe riding mean to you? Why is it important to ride safely?**

**A:** All responses are acceptable

**Q: What are some of the rules of the road for bicyclists?**

**A:** Any of the following:

- Obey traffic signs and signals
- Signal turning and stopping
- Pass on the left
- Ride with the flow (in the same direction) as traffic
- Other answers may be accepted.

**Q: Are the rules of the road different for drivers?**

**A:** When traveling on the road, bicycles are considered vehicles and are expected to follow the same rules of the road as other vehicles. However, in some locations there may be exceptions enacted by states or localities (e.g. sidewalk riding, bicycles riding two abreast in one lane, etc.).

Examples include urban downtown areas that may have a law that bicyclists cannot ride on the sidewalk; other areas may have law for the age at which bicyclists may no longer ride on the sidewalk; areas may say that even if a bike lanes exist, bicyclists are or are not required to ride in them; or whether or not bicyclists may ride two abreast in one lane. Make sure you search the internet for the latest bicycle laws in your region.

3. Show video of choice.

**Assessment**

1. Divide students into small groups.
2. Encourage each student to share with their group one thing they learned about safe bicycling from the video. If students did not learn anything new, then they should share what they thought was most important.

**Safety**

None

**Differentiating Instruction****All levels**

- Choose appropriate video, according to age and ability of students.

**Best Practices**

1. Although this activity limits class time for the skill-based activity, the video is a good method of educating students about safe bicycling in a short amount of time.
2. Show the video when the weather prevents riding outside.



# INTRODUCTION ACTIVITY

## Brainstorming

### Timeframe

**Beginner:** 10-12 minutes

**Intermediate:** 10 minutes

**Advanced:** 8-10 minutes

### Objective

At the conclusion of the activity, the student will be able to:

1. Describe key concepts of safe riding, as measured by completion of the brainstorming activity. (Cognitive)

**National Standard** Standard 2

### Equipment

- Poster board, art paper or butcher paper
- Markers
- Tape

### Teacher Overview

This activity prompts students to begin thinking about bicycle safety by asking questions about what they think are correct bicycling behaviors. By working in groups to respond to the questions, the brainstorming will initiate peer discussion about safe bicycling behaviors.

### Preparation

Student groups will need paper to write out ideas to post and share with the whole class.

### Directions

1. Introduce this activity using the following prompt:

*Today, we are going to learn how many of you ride a bicycle, and begin to discuss some bicycle safety skills that everyone should use to stay safe and have fun.*

2. Divide students into small groups.
3. Give each group a piece of paper, marker and list of questions to be answered.
4. Ask each group to brainstorm responses to the questions and write ideas on their paper.

**Q: What do you know about safe riding?**

**A:** Any of the following:

- Bicycles should follow traffic signs and signals
- Local laws
- Bicyclists should always wear helmets
- Other answers may be accepted.

**Q: What have you seen bicyclists doing that can be dangerous?**

**A:** Any of the following:

- Not wearing a helmet
- Wearing earphones
- Not following rules of the road
- Not signaling
- Riding against traffic
- Other answers may be accepted.

**Q: What have you seen drivers doing that can be dangerous around bicyclists?**

**A:** Any of the following:

- Passing a bicyclist too closely
- Cutting a bicyclist off
- Not sharing the road
- Other answers may be accepted.

**Q: What would you like to know about safe riding?**

**A:** All responses are acceptable

**Q: What are some of the health benefits of bicycling?**

**A:** All responses are acceptable

**Q: What are the barriers to riding your bicycle to school/work/a friend's house?**

**A:** All responses are acceptable.

**5.** Have students identify a spokesperson to share their group's discussions with the class.

**Assessment**

Use the brainstorming activity to determine students' basic knowledge of safe riding behaviors.

**Safety**

None

**Differentiating Instruction**

**All levels**

- The answers to the above brainstorming sessions will depend on the age and experience of the students.

**Best Practices**

- 1.** Complete this activity when weather prevents riding outside.
- 2.** Display brainstorming pieces of paper around the gym during the bicycling unit to reinforce learning.



# INTRODUCTION ACTIVITY

## Walk & Share / Safe Riding

### Timeframe

**Beginner:** 5-7 minutes  
**Intermediate:** 5-7 minutes  
**Advanced:** 5-7 minutes

### Objective:

At the conclusion of the activity, the student will be able to:

1. Describe key concepts of safe riding, as measured by completion of the *Safe Riding* worksheet. (Cognitive)

### National Standard

Standard 2

### Equipment

- *Safe Riding* worksheet
- Pencils

### Teacher Overview

This activity prompts students to begin thinking about bicycle safety by asking questions about what they think are correct bicycling behaviors. Walking while discussing the questions will initiate peer discussion about safe bicycling behaviors and keep students moving.

### Preparation

Make appropriate number of copies of the *Safe Riding* worksheet.

### Directions

1. Introduce this activity using the following prompt:  
*Today, we are going to learn how many of you ride a bicycle, and we'll begin to discuss some bicycle safety skills that everyone should use to stay safe and have fun.*
2. Divide students into groups of two or three.
3. Ask students to walk the perimeter of the gym while answering the questions on the *Safe Riding* worksheet. Instruct students they may stop to write a quick answer, but should continue moving as much as possible. You may opt to have them write the answers when the walking is completed.
4. Instruct students to stop when the whistle blows and be prepared to share something they discussed with their partner(s).

### Assessment

Successful completion of the *Safe Riding* worksheet

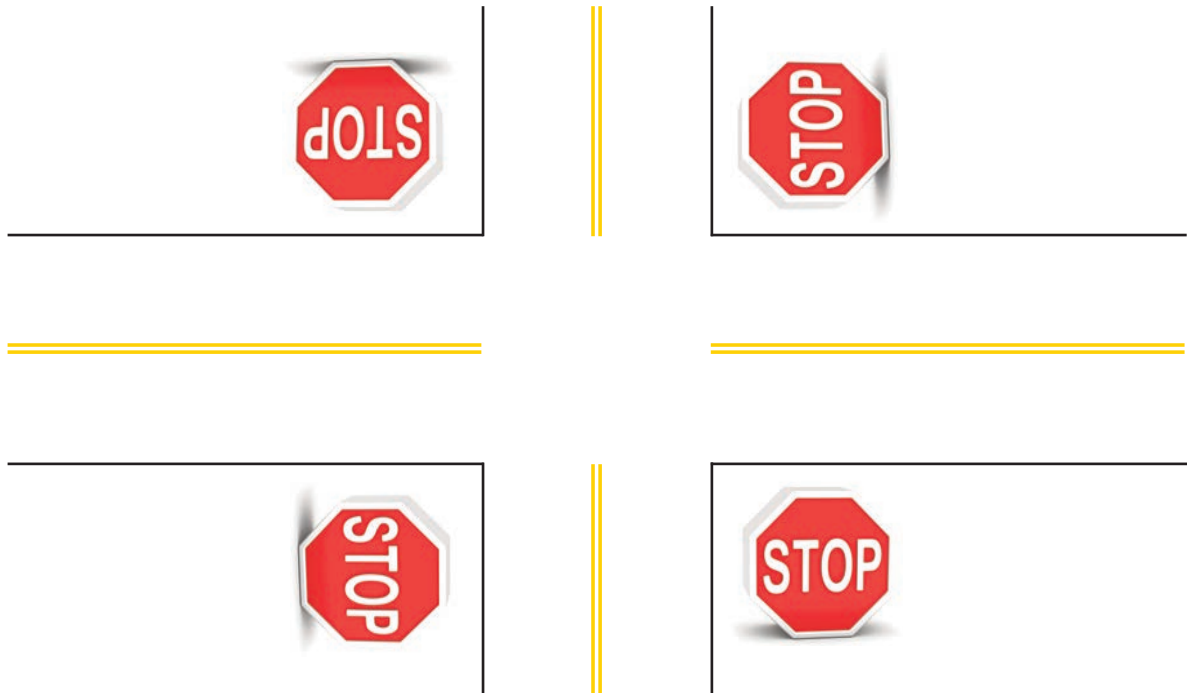
### Safety

Remind students not to run or walk too quickly if carrying pencils.

**Differentiating Instruction**

**Intermediate and Advanced**

- Set up lanes that students need to travel in.
- Include stop signs and intersections.



**Best Practices**

1. Complete this activity when weather prevents riding outside.

# SAFE RIDING WORKSHEET



Student \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Please answer the questions below.

1. What does safe riding mean to you?
  
  
  
  
  
  
  
  
  
  
2. Why is it important to ride safely?
  
  
  
  
  
  
  
  
  
  
3. What are some of the rules of the road for bicyclists?
  
  
  
  
  
  
  
  
  
  
4. What are some of the rules of the road for drivers when driving near bicyclists?

# SAFE RIDING WORKSHEET

## ANSWER KEY



1. What does safe riding mean to you?

**Answers may vary. Use responses to facilitate discussion.**

2. Why is it important to ride safely?

**To prevent injury and/or death**

3. What are some of the rules of the road for bicyclists?

**Any of the following:**

**Obey traffic signs and signals**

**Signal turning and stopping**

**Pass on the left**

**Ride with the flow of traffic**

**Other answers may be accepted.**

4. What are some “don’ts” for bicyclists?

**Any of the following:**

**Not wearing a bicycle helmet**

**Wearing earphones**

**Not following rules of the road**

**Not signaling**

**Riding against traffic**

**Other answers may be accepted.**