



Grades 2 - 3

Safe Routes



To School
with

TransOptions

Special thanks to our friends at Safe Routes Philly for use of their materials



Engaging Prior Knowledge 5 minutes

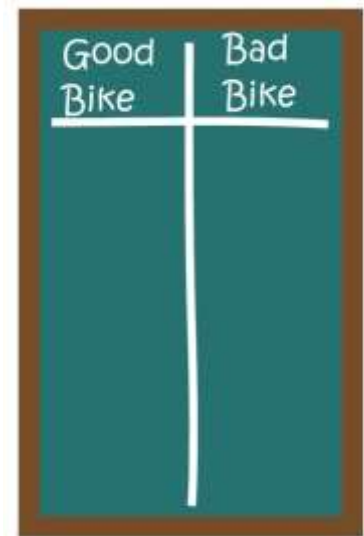
Lesson Objective: Students will demonstrate prior knowledge of biking

Materials

Chalkboard/Smart Board	

LESSON:

1. **Class Discussion** (5 minutes)
 1. Ask students to raise their hands if they have a bike.
 2. Create a t-chart like the one seen on the right.
 3. Ask students to raise their hand if they have access to a bike, what they like/don't about biking, etc.
 - Ask students to explain their responses.
 - Lead students to conclude that biking is good because it is fun, healthy, eco friendly, etc.
 4. Asking students where they ride their bicycle.
 - Lead them to answer in a park, driveway, in front of their home with their parents, etc



Helmet Safety 30 minutes

Lesson Objectives: Students will be able to:

1. Explain how a helmet protects the brain and discuss what consequences result from a brain injury.
2. Demonstrate how a helmet correctly fits onto a head.

Materials

Video: "Bike Safe, Bike Smart"	Student Helmets
Helmet Fit Checklist	
Chalkboard/Smart Board	

LESSON:

1. **Class Discussion** (2 minutes)
 - Ask students to tell you what is the most important thing to wear
 - **Answer: A Helmet**
 - Tell students that it is important to wear your helmet every time you sit on a bicycle no matter where you are riding or for how long.
 - Introduce video

2. **Activity** (8 minutes)
Video: "Bike Safe, Bike Smart"

3. **Activity** (20 minutes)
Start the activity by demonstrating how a bike helmet properly fits:

Eyes: Place the helmet so it is level on your head. If it is on level you should have about 2 fingers width of space between your helmet and your eyebrow and you should be able to see the brim of the helmet when you look up.

Ears: Adjust the side straps so they create a tight V underneath the earlobes.

Jaws: The chin strap should be buckled tight but not too tight; you should be fit two fingers between the strap and your chin.

Test: Shake your head up-and-down and side-to-side to make sure the helmet stays secure.

- Pair students into groups of two
 - Hand out Helmet Fit Checklist
 - Instruct the students in each group to inspect their partners' helmet for correct fit using the Helmet Fit Checklist



Does Your Helmet Fit Correctly?

Place your helmet on your partner's head. Guide your partner through the steps below to be sure that their helmet fits correctly.

Your Name _____ Partner's Name _____

Ask your partner to look up with the helmet on. Can your partner see the brim of the helmet?

Yes No

Do the straps that go past the ears create a V shape?

Yes No

Is the chin strap tight enough so that only two fingers can fit between the chin strap and his or her chin?

Yes No

Ask your partner to shake their head up-and-down and side-to-side. Does the helmet move around a lot?

Yes No



Does Your Helmet Fit Correctly?

Place your helmet on your partner's head. Guide your partner through the steps below to be sure that their helmet fits correctly.

Your Name _____ Partner's Name _____

Ask your partner to look up with the helmet on. Can your partner see the brim of the helmet?

Yes No

Do the straps that go past the ears create a V shape?

Yes No

Is the chin strap tight enough so that only two fingers can fit between the chin strap and his or her chin?

Yes No

Ask your partner to shake their head up-and-down and side-to-side. Does the helmet move around a lot?

Yes No

The Road 10 minutes

Lesson Objectives: Students will be able to:

1. Identify basic road signs.
2. Identify proper bicycle riding etiquette.

Materials

Road Sign Board Game/Road Signs	

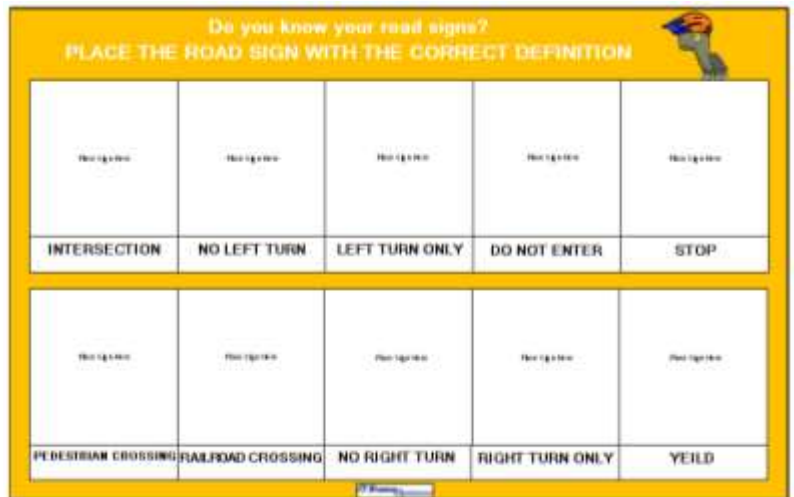
LESSON:

1. **Classroom Discussion** (5 minutes)

- Ask students if they think it is important to know what traffic signs mean
 - Lead students to conclude that there are rules of the road for everyone (bikes, cars and pedestrians (explain what a pedestrian is)
 - Ask students for some examples of these rules
 - Stop at stop signs
 - Look before crossing the street
 - Call out/ring bell or horn when passing a pedestrian
 - Look for cars when passing driveways
 - Look before crossing all rail road tracks and never ride alongside the rails.

2. **Activity** (5 minutes)

- Split students into groups of 2.
- Give each student 1 copy of the traffic signs board game and traffic signs cards
- Explain to students that the first group to match the sign with the correct definition wins.
- Explain to students not to stop if one group finishes first because they might have a definition wrong.



Resources

Grades Kindergarten – 1st

Description	Resource	Cost
Bike Helmet Pictures	TransOptions.org	Free
Video "Ride Smart, It's Time to Start"	NHTSA.gov	Free
Good/Bad Bike Poster	TransOptions.org	Free
Bike Right® Bingo	TransOptions.org	Free
Bike Right® Activity Book K-1	TransOptions.org	Free

Grades 2nd – 3rd

Description	Resource	Cost
Video "Bike Safe, Bike Smart"	NHTSA.gov	Free
Helmet Fit Checklist	TransOptions.org	Free
Road Sign Board Game/Road Signs	TransOptions.org	Free
Bike Right® Activity Book 2-3	TransOptions.org	Free

Grades 4th -6th

Description	Resource	Cost
"Biking & Me" worksheet	TransOptions.org	Free
Helmet Fit Checklist	TransOptions.org	Free
Video "Bike Safe, Bike Smart"	NHTSA.gov	Free
Brain Chart Poster	TransOptions.org	Free
Bike Parts Poster	TransOptions.org	Free
"Parts of the Bike" Worksheet	TransOptions.org	Free
Visibility Posters	TransOptions.org	Free
Bike Riding Dangers Poster	TransOptions.org	Free
"Sprockets of Biking" worksheet	TransOptions.org	Free
Simulation Course Hazard/Traffic Signs	TransOptions.org	Free
Simulation Course Map	TransOptions.org	Free

Grades 7th – 8th

Description	Resource	Cost
Video "Jello in a Jar"	Safe Kids USA	Free
Bike Parts Poster	TransOptions.org	Free
Cross Chaining Poster	TransOptions.org	Free
"All Geared Up" worksheet	TransOptions.org	Free
Helmet Fit Poster	TransOptions.org	Free
Bike Right® Patch Kit	Contact TransOptions for availability	Free
Tire Levers	Local Bike Shop	\$2-6 per set
Bicycle Floor Pump	Local Bike Shop	\$10 - \$30 per pump
Bicycle/Wheel	Check your local police department	Free
Wrench	School Janitor Closet	Free