



Grade K - 1

Safe Routes



To School
with

TransOptions

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



Helmet Safety 20 minutes

Lesson Objective: Students will be able to associate wearing a helmet as a mandatory piece of equipment to wear each time they ride a bicycle.

Materials

Helmet Pictures	
Video "Ride Smart, It's Time to Start"	

LESSON:

1. Class Discussion (10 minutes)

- Ask students who has a bicycle
 - Follow up by asking where they ride their bicycle. Lead them to answer in a park, driveway, in front of their home with their parents, etc
- Show students helmet pictures →
- Ask students to yell out to identify the people who are pictured.
 - Follow up by asking students to identify what all of those pictured have in common.

Answer: A Helmet!

- Tell students, "Just like construction workers, football players and firefighters never do their activities without a helmet, you should never get on your bike without your helmet. A helmet is the most important thing to wear while on a bike no matter if it's in the park, in the driveway, in front of their home..."
- Ask students to try to think of other people who use helmets every day (baseball players, motorcycle riders, etc.)



2. Video (8 minutes)

- Introduce "Ride Smart, It's Time to Start" video on helmet safety.

Riding Safely 15 minutes

Lesson Objectives: Students will be able to identify other bike safety procedures to check prior to riding a bicycle.

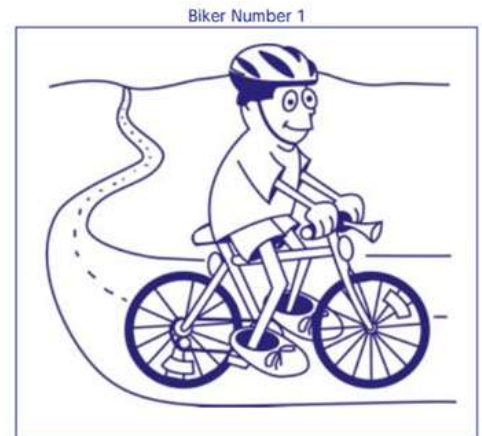
Materials

Good/Bad Bike Poster	
Marker	

LESSON:

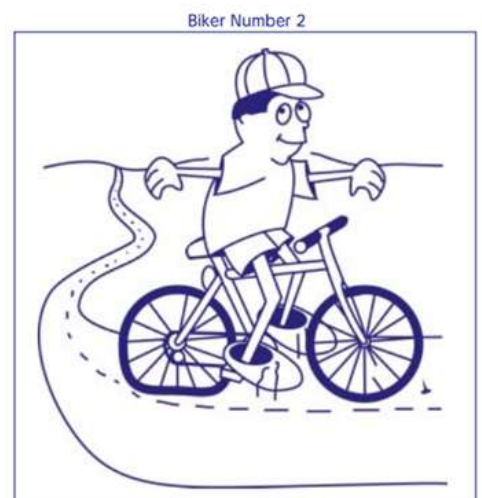
1. Activity (10 minutes)

- Ask students what other things you can do to ride safer when riding a bike.
 - Displaying Good/Bad Bike Poster
 - Split students into groups to identify the good behaviors of bike rider #1 and the bad behaviors of bike rider #2
 - Call students back to their desks and discuss the differences they found and why they are good or bad behaviors



2. Class Discussion (5 minutes)

- Ask for some other ideas they have for riding safely.
- Lead students to a discussion about riding on the sidewalk.
 - Who else uses the sidewalk?
Answer: Pedestrians (walkers)
 - How do you safely pass a pedestrian (walker)?
Answer: Yell out, "Behind you!" and be sure to say thank you after passing. (have students practice by yelling this phrase out in class)
 - Where is the most dangerous place to ride on the sidewalk?
Answer: When passing driveways



Conclusion/Game 10 minutes

Lesson Objectives: Students will play Bike Right® Bingo to reinforce lessons learned.

Materials

Bike Right® Bingo	
Chalkboard/Smart Board	

LESSON:

1. Activity (10 minutes)

- Assign students into groups.
- Hand out a Bike Right® Bingo board to each student group.
- Begin game.



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