



## TOPIC: Bicycle Safety

GRADES: K-4

### OBJECTIVES

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- Evaluate correct bicycle fit.
- Discuss safe places to ride.
- Understand the importance of visibility.
- Practice hand signals and where to use them.
- Understand relevant traffic rules of the road for biking.
- Identify improper and unsafe biking behavior.

### PROCEDURE

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- View the video [Bicycle Safer Journey](#).
- Review and discuss the following with students using the Bicycle Safety Lower Elementary PowerPoint.
  - Safe Places to Ride
    - Explain that students should always be accompanied by their parents when they are little/young
    - Right side of the road
    - Bicycle paths
    - Bicycle lanes
  - Helmet Fit
    - 3 tests: Eyebrow test, Peace sign test, Chinstrap test
    - Have the students demonstrate each test, if possible
    - A helmet that fits correctly will protect your head and ultimately your brain
    - Emphasize the idea that parents can put Band-Aids on little cuts, but if kids injure their brains it's very difficult to fix!
  - Visibility
    - Wear bright colors!
    - Use reflectors or/ bike lights to increase your visibility
  - Hand Signals
    - Demonstrate what each hand signal is and what it indicates
    - Hand signals are a communication tool to help cars, trucks, motorcyclists, pedestrians, and other bicyclists know what you are doing
  - Safety Rules
    - Look all ways before crossing the street. (Left-Right-Left)
    - Stop and get off your bicycle and walk with you bike if you must cross the street
    - Follow the traffic rules and signs

- Don't wear loose clothing and make sure your shoelaces are tied
- Wear safe shoes, not flip flops or work boots
- Have students practice what they learn by using the Interactive PowerPoint to play "What's Wrong with This Picture"
  - The presentation needs to be used in presentation mode for the interactive components to work!

## **SUMMARY**

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By reviewing the video and Lower Elementary Bicycle Safety PowerPoint and reviewing concepts with the Interactive PowerPoint, students should be able to determine safe and unsafe biking behaviors. They will be able to practice these concepts throughout the lesson, and asked to put them into practice. Students will know safe places to ride, the importance of visibility, hand signals, and safety rules. Each of these concepts will assist the students in being safer while having fun on their bicycles.