

GRADES K-1 BICYCLIST SAFETY LESSON: INTRODUCTION TO SAFE BICYCLING

KNOWLEDGE BUILDING (25 MIN)

Overview

The instructor will introduce the inclusive definition for a bicycle, read a bicycling-related picture book, and explain important practices to stay safe while bicycling.

Outcomes

Students will be able to understand key safe bicycling practices:

- Ride with a caregiver or with your caregiver's permission.
- Always wear your helmet.
- The safest place to ride is on the sidewalk unless you are with an adult.
- Be careful near driveways and alleys.
- Always watch where you are going.

Materials

Bicycling-related picture book. See K-1 book recommendations in Appendix A at the end of this lesson, or visit phila.gov/safe-routes-philly for recommended transportation-themed book lists.

Note: Most children in kindergarten and first grade are only beginning to ride bicycles. With that in mind, this lesson was designed to provide a very brief introduction to bicycling and the most important safety messages. As they mature, they will be ready for the more in-depth bicycle safety skill lessons provided for Grades 2-3 and Grades 4-5.

LEARNING STANDARDS

The pedestrian safety lessons included here meet the following state and national learning standards:

	PENNSYLVANIA ¹	NATIONAL ²
Kindergarten	<ul style="list-style-type: none">• 10.1.K.D1 - Distinguish between healthy and unhealthy behaviors.• 10.3.K.A1 - Recognize safe and unsafe practices.	<ul style="list-style-type: none">• S3.E1.K - Identifies active play opportunities outside physical education class.
Grade 1	<ul style="list-style-type: none">• 10.1.1.D1 - Distinguish between healthy and unhealthy behaviors.• 10.3.1.A1 - Recognize safe and unsafe practices.	<ul style="list-style-type: none">• S3.E1.1 - Discusses the benefits of being active and exercising and/or playing.

¹ Pennsylvania Department of Education, Standards Aligned System. <https://www.pdesas.org/standard/search/>

² SHAPE America, Grade Level Outcomes for K-12 Physical Education. <https://www.shapeamerica.org/uploads/pdfs/2017/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>



LESSON PLAN

1

INTRODUCTION

1. Introduce the lesson by having students stand up or raise their hand if they use a bicycle or know someone who does.
 - a. Vocabulary: Introduce the definition of a bicycle.
 - i. A bicycle is a vehicle with wheels that a person can ride. Most bicycles have two wheels, but there are different kinds of bicycles with more than two wheels. Also called a bike.
2. Ask students if they have ridden a bicycle and what they like about riding.

MAKE IT INCLUSIVE!

- Explain that students have different abilities, and there are different types of bicycles they can ride depending on their abilities. This includes the tandem bicycle (buddy bicycle), trike (upright or recumbent), and hand cycle.
- Reiterate the value for all students to learn safe riding habits.

2

MAIN LEARNING ACTIVITY – STORY TIME

1. Read a short bicycling-related picture book.

INSTRUCTOR NOTE

A list of books and their brief summaries is provided in Appendix A. Please select a book that will best fit your class. Some are more appropriate for kindergarten and others for first grade. They topics range from how a bike works to bicycling safety to stories of perseverance. Some simply capture the sheer joy of riding a bicycle. The stories do not all cover the same material or necessarily address all the desired safety behaviors; rather, they are intended for instructors to use as a starting point to discuss bicycling and the safety messages below with their students.

- a. Ask students a few questions about the book to stimulate discussion.
2. Explain that students will learn about bicycle safety in this lesson.

If you don't know how to ride a bicycle, that is okay! Part of learning to ride a bicycle is learning how to stay safe.

3. Explain that as students learn to ride a bicycle, there are some important things to always do to stay safe.
- a. Ride with a caregiver or with your caregiver's permission.

INSTRUCTOR NOTE

At this age, children are still developing the cognitive abilities required to consistently make safe decisions in an unsupervised setting. While they can begin learning and practicing bicycling skills, it is best for them to be accompanied by an adult.

- b. Always wear your helmet.
If you fall off your bicycle, your helmet will protect your head, so it does not get hurt.
- c. Always watch where you're going.
 - i. Discuss the need to be careful and pay attention as you ride your bicycle.
 - ii. Point out that the key to being a safe bicyclist is to use multiple senses and be alert to cues in the street environment. These cues can be things a student sees, hears or touches. They can even be smells!
- d. Ride your bicycle on the sidewalk unless you are with an adult.
When you are younger and just learning to ride a bicycle, you should ride on the sidewalk. The sidewalk is a good place to ride when you are learning to bicycle because there are no cars.

- e. Be careful in and around driveway and alleys. Cars will come out here and may not see you.
 - i. *Driveways are places cars cross the sidewalk to enter or exit a street. Alleys are small streets between blocks that often don't have stop signs.*
 - ii. *When you are riding your bicycle, stop when you get close to a driveway or alley.*
 - iii. *Look both ways to make sure cars aren't entering the driveway from the street or moving in the driveway.*
 - iv. *The adult bicycling with you will help you decide when it is safe to cross the driveway or alley.*



WRAP UP

1. Relate the lessons of the picture book with the key bicycle safety lessons above.
2. Ask students to raise their hand and ask:
What did you learn about bicycles? Potential answers may include:
 - a. Riding a bicycle is fun.
 - b. Always wear a helmet.
 - c. Always ride with an adult.
 - d. Riding on the sidewalk unless you are with an adult.
 - e. Be careful when riding a bicycle near driveways and alleys.

APPENDIX A: K-1 BOOKS ABOUT BICYCLING

TITLE	PAGES	DESCRIPTION
B is for Bicycle , Scott and Jannine Fitzgerald	32	Fall in love with these two dogs and their animal friends, as they explore the alphabet and learn what makes the bicycle (and local bike shops) so amazing. A children's book focused on the benefits of the cycling lifestyle: health, freedom, independence, self-reliance, self-confidence, and environmental stewardship.
Duck on a Bike , David Shannon	40	One day down on the farm, Duck got a wild idea. "I bet I could ride a bike," he thought. He waddled over to where the boy parked his bike, climbed on and began to ride. At first, he rode slowly, and he wobbled a lot, but it was fun! Duck rode past Cow and waved to her. "Hello, Cow!" said Duck. "Moo," said Cow. But what she thought was, "A duck on a bike? That's the silliest thing I've ever seen!" And so Duck rides past sheep, horses, and all the other barnyard animals.
Franklin Rides a Bike by Paulette Bourgeois and Brenda Clark (Scholastic Inc., 1997)	32	At the beginning of spring, Franklin and all his friends have training wheels on their bikes. But soon Franklin is the only one who can't ride without them. Every time he tries, he falls down, and he's beginning to get discouraged. His mom finally convinces him to keep with it, and Franklin finally rides on his own.
The Bear's Bicycle by Emilie Warren McLeod, illustrated by David McPhail (Little, Brown and Company, 1975)	32	A boy and his bear have an exciting bicycle ride when he imagines that his teddy bear becomes a full-sized bear.
The Bike Lesson (Berenstain Bears), Stan Berenstain, Jan Berenstain	62	Papa Bear gives his son a few lessons before he can enjoy riding his new bike.
Eric's Big Day , Rod Waters	28	A boy named Eric rides his bicycle through his village to join his friend Emily for a picnic. Pedaling from his house, his trip is slowed as he aids wayward bike riders using helpful items from his backpack. The faster he rides to meet Emily, the more delays he encounters, until he tears off in a burst of speed. The cheers of a crowd surprise Eric; he has won a bike race! But where oh where is Emily?

TITLE	PAGES	DESCRIPTION
Bernie the Bike Builder , Taj L Mihelich	40	Bernie is a master bike builder. The bikes he designs and builds are sought after by bike racers all over the world. However, none of his close friends seem interested in riding bikes. After a discussion with Monty the Corgi he realizes that his friends think they can't ride bicycles because no bikes fit them. Bernie takes on the challenge to build his motley crew of pals custom bikes that they can ride. It takes all of his creativity and skills to design and build special bikes for T-rex, Bat, Shark and more!
Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah , Laurie Ann Thompson	40	This picture book biography tells the true story of Emmanuel Ofosu Yeboah, who bicycled across Ghana—nearly 400 miles—with only one leg. With that achievement he forever changed how his country treats people with disabilities, and he shows us all that one person is enough to change the world.
His Finest Hour , David Neuhaus	32	When Ralph wants to catch the eye of the local racing team, he challenges Dudley to a bicycle race knowing full well that against his fancy new gear, Dudley's ancient balloon-tire bike doesn't stand a chance. Dudley does have unflagging perseverance, but will that be enough to win the day? Set in the world of bicycle racing and written for all young sports enthusiasts, <i>His Finest Hour</i> , is a tale of how two lifetime friends reach their goals in completely different ways.
The Bicycle Book , Gail Gibbons	32	In an engaging picture book, Gibbons introduces the bicycle: its history, design, care, types, uses, and safety rules. A brief history, helpful descriptions of different parts, basic mechanics, functionality, maintenance, and safety are all included.
Pedal Power by Alan Drummond	40	Bikes rule the road in Amsterdam today, but that wasn't always the case. In the 1970's, Amsterdam was so crowded with vehicles that bicyclists could hardly move, but moms and kids relied on their bikes to get around the city. <i>Pedal Power</i> is the story of the people who led protests against the unsafe streets and took over a vehicles-only tunnel on their bikes, showing what a little pedal power could do!
<i>Note: Book descriptions excerpted from Amazon and Good Reads.</i>		