

SAFE ROUTES PHILLY BICYCLE SAFETY LESSONS:

GRADES 2-3 INSTRUCTORS GUIDE

These **Safe Routes Philly Bicycle Safety Lessons** teach and encourage bicycle safety for students in grades 2-3. There are four lessons that can be downloaded and delivered separately:

- Introduction to safe bicycling
- Bicycle helmet and equipment,
- Bicycling basics, and
- Bicycling safely near traffic

The lessons are adapted from content in Bikeology - a middle and high school bicycle safety curriculum for physical education teachers and recreation specialists developed by SHAPE America and the National Highway Traffic Safety Administration. They include a combination of knowledge building and skill building activities and are designed to develop core skills necessary for safe bicycling. The lessons include modifications for students with disabilities and meet Pennsylvania state and national learning standards for health and physical education.

- The **knowledge building lessons** contain multiple resources to support instruction, including lesson plans to guide independent instruction, flashcards with vocabulary or situational pictures to use as visual aids (noted by a **purple** eye symbol), short safety videos to supplement instruction of key concepts, and optional activities to support learning.
- The **skill building lessons** include instructions on how to set up a bicycle skills course in a gymnasium or empty parking lot and provide detailed instructor guidance on how to demonstrate and facilitate student bicycle drills. The lessons also provide optional, more advanced activities for students who demonstrate proficiency in the basic skills. Student bicycles and helmets are required, and volunteer support is recommended.

On-bike motor skills practice is critical for bicycle safety education; students cannot develop basic bicycle handling skills through classroom learning alone. When teaching the skill building lessons, instructors should always start with the basics in lesson 3 and only advance to lesson 4 if all students demonstrate proficiency in basic bicycle control. Instructors should not assume all students know how to ride a bike or have basic bicycling skills, regardless of age.

AGE APPROPRIATE TEACHING CONSIDERATIONS

It is also important to understand that at this age children are still developing the cognitive abilities and motor skills required to consistently demonstrate safe bicyclist behaviors. For example, children this age tend to use their central vision to help maintain balance and cannot use their peripheral vision as effectively to scan for traffic hazards. If they do use their peripheral vision to scan for hazards, they may compromise balance.

While children in grades 2-3 can begin learning and practicing basic bicycling skills, it is best for them to be accompanied by an adult when bicycling, especially if bicycling in the road. In Philadelphia, children under age 12 are allowed to ride on the sidewalk.

For more information on age-appropriate bicycle safety education, please see the National Highway Traffic Safety Administration report: Bicycle Safety Education for Children from a Developmental and Learning Perspective: https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/bicycle_safety_education_for_children-811880.pdf

LEARNING STANDARDS




The bicycle safety lessons included here meet the following state and national learning standards for health, safety and physical education:




	PENNSYLVANIA ¹	NATIONAL ²
Grade 2	<ul style="list-style-type: none"> • 10.3.2.A1 - Recognize safe and unsafe practices. • 10.4.2.A1 - Demonstrate coordination of purposeful body movements. • 10.4.2.B1- Exhibit balance, strength, stamina, and agility • 10.5.2.B1 - Coordinate eye and hand movements to perform an advanced task. • AL.1.2.C1 - Engage in cooperative, purposeful, and interactive play experiences that enhance learning. 	<ul style="list-style-type: none"> • S1.E7.2a - Balances on different bases of support, combining levels and shapes. • S2.E3.2 - Varies time and force with gradual increases and decreases. • S3.E1.2 - Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family). • S3.E2.2 - Engages actively in physical education class in response to instruction and practice. • S4.E3.2 - Accepts specific corrective feedback from the teacher. • S4.E6.2b – Works safely with physical education equipment.
Grade 3	<ul style="list-style-type: none"> • 10.2.3.B - Identify health-related information (signs and symbols, terminology, products and services). • 10.3.3.A - Recognize safe/unsafe practices in the home, school and community. • 10.4.3.A - Identify and engage in physical activities that promote physical fitness and health. • 10.4.3.F – Recognize positive and negative interactions of small group activities (roles, cooperation/sharing, on-task participation) 	<ul style="list-style-type: none"> • S1.E7.3 - Balances on different bases of support, demonstrating muscular tension and extensions of free body parts. • S2.E2.3 - Recognizes locomotor skills specific to a wide variety of physical activities. • S2.E3.3 - Combines movement concepts (direction, levels, force, time) with skills, as directed by the teacher. • S3.E1.3b - Identifies physical activity as a way to become healthier. • S4.E3.3 - Accepts and implements specific corrective feedback from the teacher. • S4.E4.3a - Works cooperatively with others.

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>

GRADES 2–3 BICYCLE SAFETY LESSON OVERVIEW

 LESSON NAME		 TIME	 OUTCOMES
Lesson 1: Introduction to Safe Bicycling	Knowledge building lesson	25 minutes	Students will be able to: <ul style="list-style-type: none"> • Explain reasons we bicycle places and identify common places to bicycle • Recognize that people have different needs and abilities and there are different bicycles and tricycles to make bicycling possible and fun for everyone. • Define and use appropriate bicycle safety vocabulary • Recognize safe practices near traffic such as bicycling with an adult, bicycling on a sidewalk or side of the street, and being visible during low-light conditions, and wearing a helmet
Lesson 2: Bicycle Helmet and Equipment	Knowledge building lesson	20 minutes	Students will be able to: <ul style="list-style-type: none"> • Understand why it's important to protect your head with a helmet • Explain how to properly fit a helmet • Identify improper ways to wear a helmet • Explain why a properly fitted bicycle is important and describe two basic ways to check for bicycle fit • Describe the process for checking whether a bicycle is safe to ride (Bike ABCs) If helmets and/or bicycles are available, students will be able to: <ul style="list-style-type: none"> • Demonstrate how to properly fit a helmet. • Demonstrate the steps to perform a pre-ride safety check (Bike ABCs)

 LESSON NAME		 TIME	 OUTCOMES
Lesson 3: Bicycling Basics	Skill building lesson	35 minutes	Students will be able to: <ul style="list-style-type: none"> • Demonstrate how to properly fit a bicycle helmet and how to perform a pre-ride safety check (Bike ABCs) • Demonstrate basic bicycle maneuvers, such as balancing, pedaling, braking • Demonstrate ability to ride in a straight line and turn • Demonstrate how to follow other cyclists safely
Lesson 4: Bicycling Safely Near Traffic	Knowledge building lesson	30 minutes	Students will be able to: <ul style="list-style-type: none"> • Identify and explain the meaning of traffic signs and signals • Understand safe places to ride your bike • Understand the rules of the road and why bicyclists need to obey them • Recognize how to communicate effectively with other road users by learning the bike signals for a left turn, right turn, and stop • Demonstrate how to scan for vehicles
	Skill building lesson	35 minutes	Students will be able to: <ul style="list-style-type: none"> • Demonstrate proper understanding of traffic signs and signals • Demonstrate proper use of hand signals • Safely interact and communicate with other cyclists