

SAFE ROUTES PHILLY PEDESTRIAN SAFETY LESSONS:

GRADES 4-5 INSTRUCTORS GUIDE

These **Safe Routes Philly Bicycle Safety Lessons** teach and encourage pedestrian safety for students in grades 4-5. There are three lessons: walking near traffic, crossing streets, and crossing intersections.

These lessons are adapted from content in the National Highway Traffic Safety Administration's Child Pedestrian Safety Curriculum¹. They include a combination of knowledge building and skill building activities and are designed to develop core skills necessary for safe walking. The lessons include modifications for students with disabilities and meet 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, and short safety videos to supplement instruction of key concepts.
- The skill building activities contain options for students to practice pedestrian safety skills in a classroom or gym setting, outside of the school classroom but on school grounds, or on or near actual roads.

Instructors are highly encouraged to supplement the knowledge building lessons with skill building activities to allow students to practice what they've learned. Research indicates that knowledge-building alone does not transfer to behavior change. For students to develop safe pedestrian behaviors they need to be given the opportunity to practice, ideally in a real context (i.e. outside the classroom).

Parent/caregiver tip sheets are available at phila.gov/safe-routes-philly and summarize key concepts from the lessons. The tip sheets include discussion questions to help continue practicing safe pedestrian skills at home.

AGE APPROPRIATE TEACHING CONSIDERATIONS

It is also important to understand that at this age children are still developing the cognitive abilities required to make safe pedestrian decisions. While they can begin learning and practicing these skills it is best for them to be accompanied by an adult when walking and especially when crossing streets. Ultimately, parents/caregivers should make the decision about when and where their child is able to walk without supervision.

For more information on age-appropriate pedestrian safety education, please see the National Highway Traffic Safety Administration report, Child Pedestrian Safety Education: Applying Developmental Theories to Develop Safe Street Crossing Behaviors [available here](#).

¹<https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>

LEARNING STANDARDS




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

	PENNSYLVANIA ¹	NATIONAL ²
Grade 4	<ul style="list-style-type: none"> • 10.2.3.D - Identify the steps in a decision-making process. • 10.2.3.E - Identify environmental factors that affect health. • 10.3.3.A - Recognize safe/unsafe practices in the home, school and community. • 10.3.3.D - Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). • 10.4.3.A - Identify and engage in physical activities that promote physical fitness and health. 	<ul style="list-style-type: none"> • S3.E1.4 - Analyzes opportunities for participating in physical activity outside physical education class. • S4.E3.4 - Listens respectfully to corrective feedback from others (e.g., peers, adults). • S4.E5.4 - Exhibits etiquette and adherence to rules in a variety of physical activities. • S5.E1.4 - Examines the health benefits of participating in physical activity.
Grade 5	<ul style="list-style-type: none"> • 10.2.3.D - Identify the steps in a decision-making process. • 10.2.3.E - Identify environmental factors that affect health. • 10.3.3.A - Recognize safe/unsafe practices in the home, school and community. • 10.3.3.D - Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). • 10.4.3.A - Identify and engage in physical activities that promote physical fitness and health. 	<ul style="list-style-type: none"> • S3.E3.5 - Differentiates between skill-related and health-related fitness. • S4.E2.5a - Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.




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 PEDESTRIAN SAFETY LESSON OVERVIEW

 LESSON NAME		 TIME	 OUTCOMES
Lesson 1: Walking Safely Near Traffic	1A Knowledge building lesson	15-20 minutes	Students will be able to: <ul style="list-style-type: none"> • Explain reasons we walk places and identify common places to walk • Describe different ways people “walk” (e.g. two legs, with crutches or canes, in wheelchairs, etc.) • Demonstrate understanding of appropriate pedestrian safety vocabulary • Recognize safe practices near traffic such as walking on a sidewalk or side of the street facing traffic, being visible during low-light conditions and when and where it’s important to walk with an adult.
	1B Skill building activity	10-30 minutes	Students will be able to: <ul style="list-style-type: none"> • Demonstrate safe walking practices when walking on a sidewalk, such as not running, paying attention, staying away from cars and busy roads, not playing or pushing, and holding the hand of an adult. • Demonstrate safe walking practices when walking where there is no sidewalk, such as walking on the side of the street facing traffic.

GRADES 2-3 PEDESTRIAN SAFETY LESSON OVERVIEW

 LESSON NAME		 TIME	 OUTCOMES
Lesson 2: Crossing Streets Safely	2A Knowledge building lesson	15-20 minutes	Students will be able to: <ul style="list-style-type: none"> Recognize that in many situations it is safest to still cross the street with an adult or older sibling. Understand the difference between crossing at an intersection and crossing mid-block. Recognize the safety hazards that occur when crossing mid-block. Explain why they need to use care and caution when crossing street. Explain the steps to crossing a street. Demonstrate how to look left-right-left.
	2B Skill building activity	10-30 minutes	Students will be able to: <ul style="list-style-type: none"> Demonstrate the steps to crossing a street: cross with an adult, stop at the edge, look and listen for traffic, and cross quickly and safely
Lesson 3: Crossing Intersections Safely	3A Knowledge building lesson	20-25 minutes	Students will be able to: <ul style="list-style-type: none"> Recognize that they should only cross an intersection with an adult Be able to identify and explain the meaning of traffic signs and signals Understand the differences between crossing a street and crossing an intersection
	3B Skill building lesson	10-30 minutes	Students will be able to: <ul style="list-style-type: none"> Demonstrate the steps to cross an intersection with a STOP sign Demonstrate the steps to crossing an intersection with a pedestrian signal