

# SAFE ROUTES PHILLY PEDESTRIAN SAFETY LESSONS:

## GRADES K-1 INSTRUCTORS GUIDE

These **Safe Routes Philly Bicycle Safety Lessons** teach and encourage pedestrian safety for students in grades K-1. 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 Curriculum<sup>1</sup>. 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 at school.

**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](http://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.

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](#).

<sup>1</sup><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 <sup>1</sup>	NATIONAL <sup>2</sup>
<b>Kindergarten</b>	<ul style="list-style-type: none"> <li>• <b>10.1.K.D1</b> - Distinguish between healthy and unhealthy behaviors.</li> <li>• <b>10.2.K.A1</b> - Identify fundamental practices for good health.</li> <li>• <b>10.3.K.A1</b> - Recognize safe and unsafe practices.</li> <li>• <b>10.4.K.A1</b> - Demonstrate coordination of purposeful body movements.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>S2.E3.K</b> - Travels in general space with different speeds.</li> <li>• <b>S2.E3.1a</b> - Differentiates between fast and slow speeds.</li> <li>• <b>S4.E1.K</b> - Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).</li> <li>• <b>S4.E3.K</b> - Follows instruction and directions when prompted.</li> <li>• <b>S5.E1.K</b> - Recognizes that physical activity is important for good health.</li> </ul>
<b>Grade 1</b>	<ul style="list-style-type: none"> <li>• <b>10.1.1.D1</b> - Distinguish between healthy and unhealthy behaviors.</li> <li>• <b>10.2.1.A1</b> - Identify fundamental practices for good health</li> <li>• <b>10.3.1.A1</b> - Recognize safe and unsafe practices.</li> <li>• <b>10.4.1.A1</b> - Demonstrate coordination of purposeful body movements.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>S3.E1.1</b> - Discusses the benefits of being active and exercising and/ or playing.</li> <li>• <b>S4.E2.1</b> - Follows the rules and parameters of the learning environment.</li> <li>• <b>S4.E3.1</b> - Responds appropriately to general feedback from the teacher.</li> <li>• <b>S5.E1.1</b> - Identifies physical activity as a component of good health.</li> <li>• <b>S5.E3.1b</b> - Discusses personal reasons for enjoying physical activities</li> </ul>




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 K-1 PEDESTRIAN SAFETY LESSON OVERVIEW

 LESSON NAME		 TIME	 OUTCOMES
<b>Lesson 1: Walking Safely Near Traffic</b>	1A Knowledge building lesson	15-20 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• Explain reasons we walk places and identify common places to walk</li> <li>• Describe different ways people “walk” (e.g. two legs, with crutches or canes, in wheelchairs, etc.)</li> <li>• Define and use appropriate pedestrian safety vocabulary</li> <li>• Recognize safe practices near traffic such as walking with an adult, walking on a sidewalk or side of the street, and being visible during low-light conditions</li> </ul>
	1B Skill building activity	10-30 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Demonstrate safe walking practices when walking where there is no sidewalk, such as walking on the side of the street facing traffic.</li> </ul>
<b>Lesson 2: Crossing Streets Safely</b>	2A Knowledge building lesson	15-20 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• Recognize that they should only cross the street with an adult</li> <li>• Explain why they need to use care and caution when crossing street</li> <li>• Understand the steps to crossing a street</li> </ul>
	2B Skill building activity	10-30 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• 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</li> </ul>

# GRADES K-1 PEDESTRIAN SAFETY LESSON OVERVIEW

 LESSON NAME		 TIME	 OUTCOMES
<b>Lesson 3: Crossing Intersections Safely</b>	3A Knowledge building lesson	20-25 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• Recognize that they should only cross an intersection with an adult</li> <li>• Be able to identify and explain the meaning of traffic signs and signals</li> <li>• Understand the differences between crossing a street and crossing an intersection</li> </ul>
	3B Skill building lesson	10-30 minutes	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• Demonstrate the steps to cross an intersection with a STOP sign</li> <li>• Demonstrate the steps to crossing an intersection with a pedestrian signal</li> </ul>