

LESSON 1: INTRODUCTION BEFORE YOU BEGIN...

This lesson introduces the students to the Bicycle and Pedestrian Safety Education Unit.

WHY THIS LESSON IS IMPORTANT:

Teaching bicycle and pedestrian safety is important for lifelong habits of physical activity and safety. 30 years ago, over 66% of America's children walked to school. Today, only 16% of America's children walk or bike to school (US Center for Disease Control and Prevention). Biking and walking can provide daily moderate activity that is important for the health.

However, statistics show that pedestrian injury and death from traffic collisions is higher for children ages 12 to 14 than it is for other age groups. Therefore, it is important to teach safe biking and walking skills.

This lesson introduces vehicular-style bicycle riding and the responsibilities of bicycle users and pedestrians through the pre-test, homework, and video.

LESSON PLAN: INTRODUCTION

GOAL: To explore with students the importance of active transportation.

OBJECTIVES: STUDENTS WILL:

- Understand the purpose of bike and pedestrian safety and the connection to lifetime fitness.
- Be exposed to safe and legal riding and walking (visibility and predictability).

EQUIPMENT/MATERIALS:

- Video or DVD of “Bike Safe, Bike Smart” (9 minutes); on thumb drive or download from NHTSA (<http://www.nhtsa.gov/Driving+Safety/Bicycles/Bike+Safe+-+Bike+Smart+%2825MB+and+146MB,+WMV+format%29>)
- Equipment for showing video
- Pencils
- Copies for each student of:
 - o “Bike/Pedestrian Skills Unit Pre-Test”
 - o “Home Test for Drivers” (for homework)
 - o “Find the 12 Hazards” (for homework)
- Other potential videos if you have access to them:
 - o Middle school - “First Gear,” Bicycle Transportation Alliance
 - o Middle school - “Get the Big Picture,” AAA (9 minutes)
 - o High school - “Pedal Smarts” (18 minutes), Transit Media Communications

PREPARATION:

- Make copies of pre-test and the two homework assignments for each student

INSTRUCTIONS:

10 MINUTES

1. Introduce the unit: We’re doing a unit on active transportation. Ask students: What do you think of when you hear “transportation”? Have students define active transportation.
2. Discuss reasons for why active transportation is important:
 - o Personal anecdote for why it’s important to you, the instructor
 - o Mobility and independence even if you don’t have a driver’s license
 - o Health and lifetime fitness – 78% of kids don’t get their moderate daily activity
 - o Cost savings of not driving
 - o Positive impact on the environment
 - o It’s fun

20 MINUTES

3. Do “Bike/Pedestrian Skills Unit Pre-Test” with students and correct and discuss it in class. Tell students to keep the pretest for the remainder of the lesson and use with the “Home Test for Drivers” as homework.

10 MINUTES

4. Show “Bike Safe, Bike Smart” video. Ask students to look for safe riding behaviors. After video ask students for the tips they picked up and write on overhead or whiteboard. Discuss traffic signs and what they mean.

5 MINUTES

5. Tell students that this course is driver’s education for bicycle users. Instruct students that they must discuss with their parents the routes they are allowed to use.

5 MINUTES

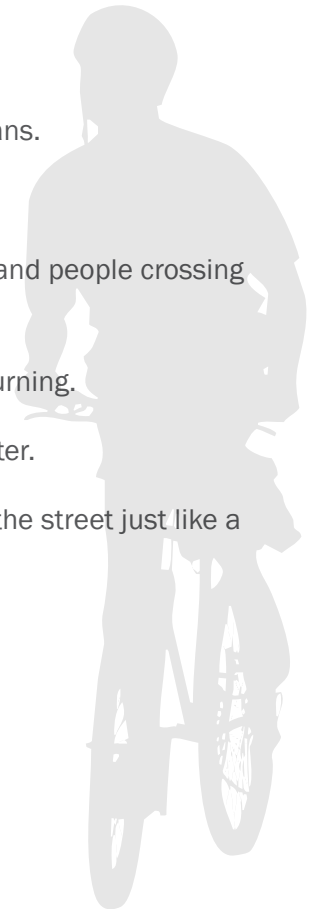
6. Hand out homework assignments:
 - o Home Test for Drivers: Students are to ask any 3 drivers the questions from the Home Test and mark answers on the homework sheet. Students should refer to their self-corrected pre-test for the correct answers. Collect the Home Test before the next lesson.
 - o Find the 12 Hazards: Students complete Find the 12 Hazards homework and return it before the next lesson. Students may complete the homework as individuals or in groups.

BIKE/PEDESTRIAN SKILLS UNIT PRE-TEST

Name _____

Class _____

1. Yes / No Traffic laws are made for bicyclists as well as for cars.
2. Yes / No Bicyclists should ride on the right side of the street like cars.
3. Yes / No Riding at night without a white headlight and red rear reflector is dangerous.
4. Yes / No It is safe for 2 people to ride on a bike if one is on the handlebars or pegs.
5. Yes / No A bike in poor condition is safe if the rider is skilled.
6. Yes / No Listening to music on headphones is a good way to relax while riding a bike.
7. Yes / No Coming out from a driveway into a street without stopping for traffic is a leading cause of bicycling deaths among kids.
8. Yes / No Bike riders should obey all traffic signs and signals.
9. Yes / No Turning traffic is a danger to bicyclists, but not to pedestrians.
10. Yes / No Blue is a good color to wear when bicycling after dark.
11. Yes / No Scanning for traffic means looking around for cars, bikes, and people crossing the street.
12. Yes / No Bike riders use hand signals to tell others when they are turning.
13. Yes / No It's okay to ride a bike that's too big so I can grow into it later.
14. Yes / No When getting off a city bus, you walk in front of it to cross the street just like a school bus.



HOME TEST FOR DRIVERS

INSTRUCTIONS: ASK ANY 3 DRIVERS THESE QUESTIONS.

Name _____

Class _____

<u>DRIVER 1</u>	<u>DRIVER 2</u>	<u>DRIVER 3</u>	
1. Yes / No	Yes / No	Yes / No	Traffic laws are made for bicyclists as well as for cars.
2. Yes / No	Yes / No	Yes / No	Bicyclists should ride on the right side of the street like cars.
3. Yes / No	Yes / No	Yes / No	Riding at night without a white headlight and red rear reflector is dangerous.
4. Yes / No	Yes / No	Yes / No	It is safe for 2 people to ride on a bike if one is on the handlebars or pegs.
5. Yes / No	Yes / No	Yes / No	A bike in poor condition is safe if the rider is skilled.
6. Yes / No	Yes / No	Yes / No	Listening to music on headphones is a good way to relax while riding a bike.
7. Yes / No	Yes / No	Yes / No	Coming out from a driveway into a street without stopping for traffic is a leading cause of bicycling deaths among kids.
8. Yes / No	Yes / No	Yes / No	Bike riders should obey all traffic signs and signals.
9. Yes / No	Yes / No	Yes / No	Turning traffic is a danger to bicyclists, but not to pedestrians.
10. Yes / No	Yes / No	Yes / No	Blue is a good color to wear when bicycling after dark.
11. Yes / No	Yes / No	Yes / No	Scanning for traffic means looking around for cars, bikes, and people crossing the street.
12. Yes / No	Yes / No	Yes / No	Bike riders use hand signals to tell others when they are turning.
13. Yes / No	Yes / No	Yes / No	It's okay to ride a bike that's too big so I can grow into it later.
14. Yes / No	Yes / No	Yes / No	When getting off a city bus, you walk in front of it to cross the street just like a school bus.

BIKE/PEDESTRIAN SKILLS UNIT PRE-TEST

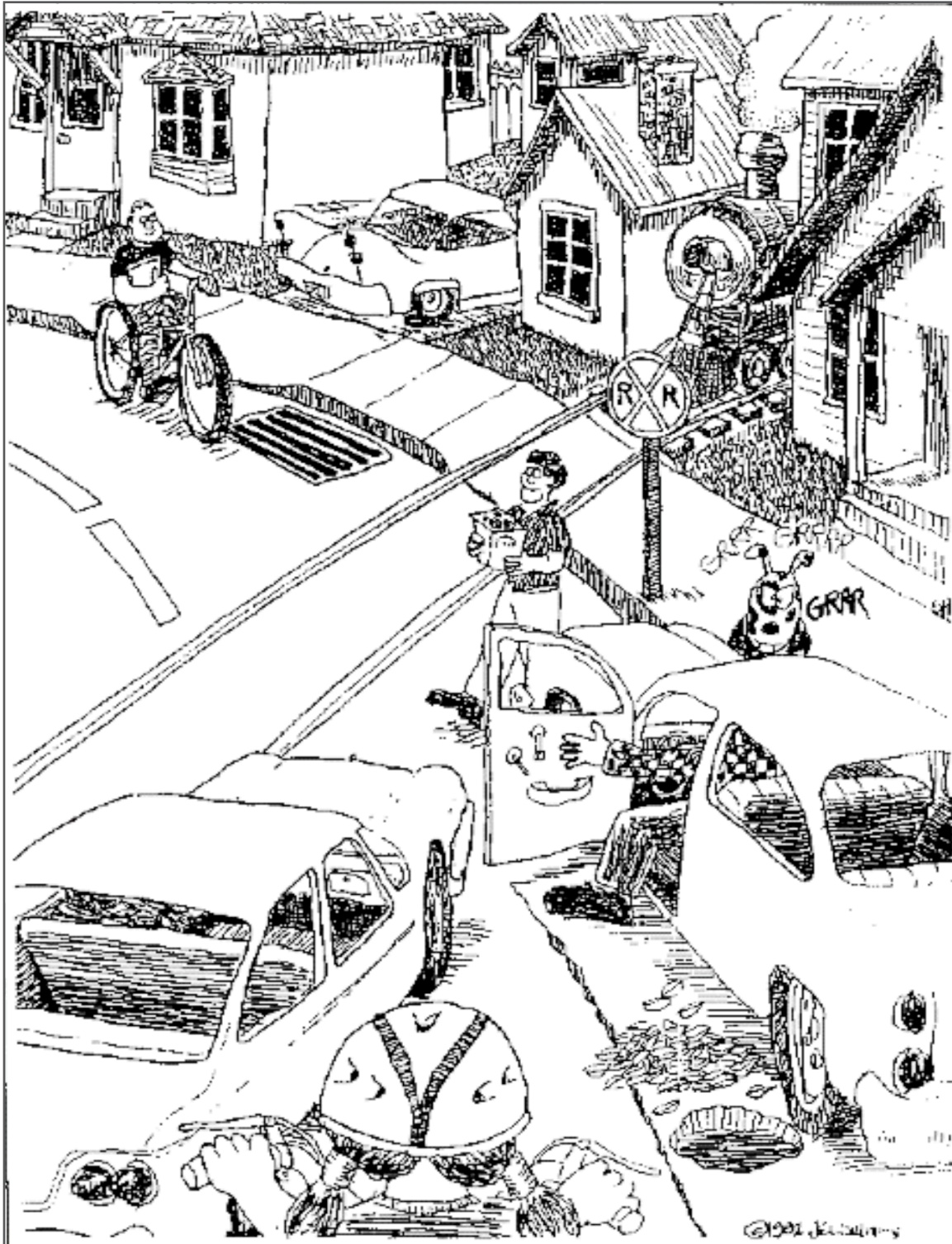
ANSWER KEY

1. **YES.** All road users use the same set of rules so they know what to expect from each other.
2. **YES.** Riding on the right side puts the bicyclist where drivers look. It also helps the bicyclist read signs.
3. **YES.** Use lights and reflective clothing at night to make yourself more visible.
4. **No.** An overloaded bike is hard to handle.
5. **No.**
6. **No.** Riding with headphones or earbuds means you can't hear traffic around you.
7. **YES.** Stop at driveways and alleys. Wait until it is safe to go.
8. **YES.** All road users use the same set of rules so they know what to expect from each other.
9. **No.** Inattentive motorists do not always look for bicyclists and pedestrians. We need to look for them too.
10. **No.** Wear white and reflective clothing. Legally, when riding at night, you must use a front light and red rear reflector.
11. **YES.** Look left, right, left and behind and ahead of you.
12. **YES.** Communicate with other road users.
13. **No.** You cannot safely handle a bike that does not fit you.
14. **No.** A city bus does not have a stop sign and crossing bar. When exiting a city bus, wait until the bus pulls away from the curb, go to the corner, and determine when it is safe to cross.

FIND THE 12 HAZARDS

Name _____

Class _____



Pretend you are the cyclist at the bottom of this picture.
Can you find the 12 hazards that could cause an accident?

CIRCLE THE 12 HAZARDS ACTIVITY SHEET

1. Leaves in street – don't know what's under them.
2. Pothole and cracks in street.
3. Open car door.
4. Pedestrian crossing street.
5. Railroad tracks (angle of tracks).
6. Train approaching.
7. Drain grate - in line with bicycle tires.
8. Cyclist approaching on wrong side of the street.
9. Car backing out of driveway.
10. Wrong way riding bicyclist is carrying books - presents danger others because of potential loss of control.
11. Car passing bicyclist is encroaching on bicyclist's space.
12. Growling dog on the loose – if you can't outrun him, jump off your bike and place the bike between you and the dog, and keep walking away.