

LESSON 7: ADVANCED TRAFFIC SKILLS PRACTICE BEFORE YOU BEGIN...

This lesson culminates the bicycle section of the unit. It provides a skills course that integrates all the elements of bicycle handling and safety skills.

WHY THIS LESSON IS IMPORTANT:

The skills course used in this lesson simulates real riding situations. It builds on behaviors practiced in previous lessons. The course adds yielding to oncoming traffic when turning left and communicating to others at a four-way intersection. This provides good opportunities to develop scenarios and check students' riding ability.

It is important for the students to have appropriately developed their handling skills before this lesson.

LESSON PLAN: ADVANCED TRAFFIC SKILLS PRACTICE

GOAL: To teach and practice safe, predictable, legal bicycle and walking behavior in intersections.

OBJECTIVES: STUDENTS WILL:

- Demonstrate intersection skills, and practice First Come, First Served rule with 3 or 4 way STOP signs.
- Practice yielding at traffic lights and show understanding of Rule of Thirds for intersection positioning.
- Demonstrate cooperative use of the roadway and safe bike handling skills.
- Practice choosing their own routes within the course, riding cooperatively and legally.

EQUIPMENT/MATERIALS:

- Poster of Advanced Traffic Skills Course adapted to your site, showing intersection with Rule of Thirds.
- Bikes and helmets
- Whistle
- Helmet tissue, surgical caps, large coffee filters, or other lice prevention measures
- Signs (as needed):
 - o 4 STOP
 - o 1 RR XING
 - o 2 Yield
 - o 4 STUDENT ON BIKE
- Traffic light box
- Marked area for the advanced traffic skills course
- 4 adult volunteers stationed at stop signs and driveways

PREPARATION:

- Schedule adult volunteers.
- Plan out and paint or set up advanced traffic course.
- Create poster of Advanced Traffic Skills Course.
- Set up all bikes and helmets in the space so they are organized by number (1 to 30+).

INSTRUCTIONS:

10 MINUTES

1. Gather students in a group. Show a poster of the Advanced Traffic Skills Course and tell the expected behaviors and why they are important with traffic. Use this opportunity to train adult volunteers on the course and their responsibilities.
2. Students get their helmets and bikes. Students tie and tuck, check helmet fit, and demonstrate ABC Quick Check as teacher monitors.
3. Students walk bicycles outside. Park bikes and put toes to the curb to watch the demonstration.

10 MINUTES

4. Explain and demonstrate the following skills:
 - a. First Come, First Served rule is used for 3 or 4 way STOP.
 - b. Rule of Thirds is used for intersection positioning to show destination. Cars fill a lane; bicycles have 3 choices in a lane. Remember lane changing with SASS.

Divide the lane in half for easier visualizing: Going right or straight, put yourself in the right half of the lane. Going left, put yourself on the left side of the lane near the center line.

- c. Review stopping at driveway, and scanning all ways.
- d. With traffic light, left turning traffic must yield even when light is green.

20 MINUTES

5. Teacher or skilled student leads 5 students on a prescribed route to demonstrate 3 or 4 way STOP and other skills. Other students join in. Students will choose their own path today to interact on the advanced traffic course.
 - a. Students must turn right, left, and make at least two walking left turns, using pedestrian skills.

LAST 10 MINUTES

6. Remove STOP signs and replace with traffic light (adult in center of intersection turns the 'light' box).
7. Students walk bikes into gym to put bikes and helmets away in number order.

ADVANCED TRAFFIC SKILLS COURSE

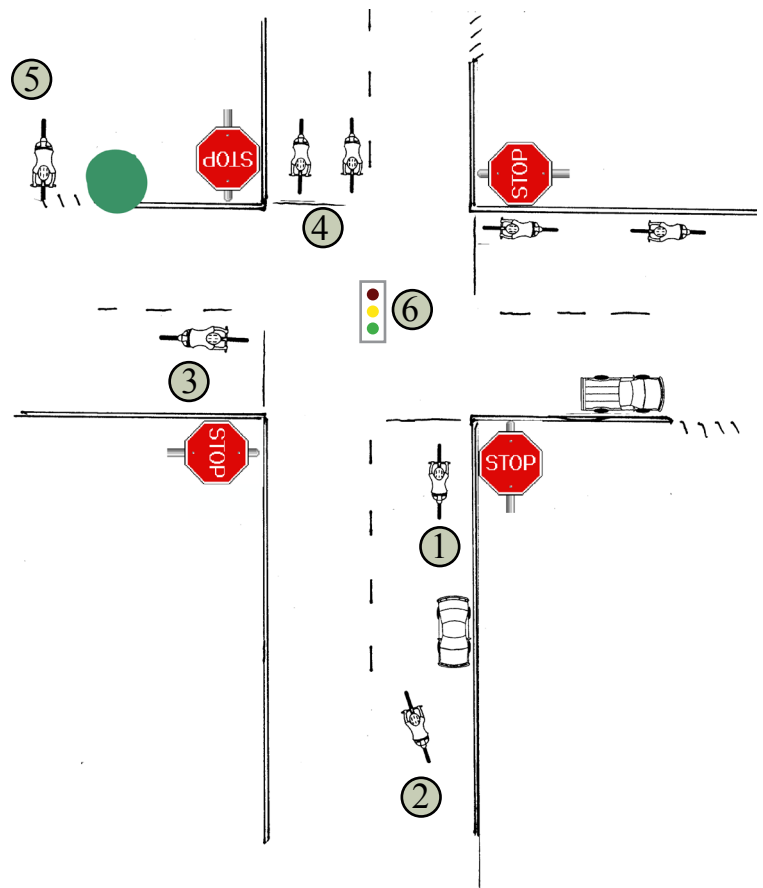
INSTRUCTIONS:

1. Ride through the intersection at will, using all the skills learned earlier.
2. Practice at least one left turn, one right turn, one left turn as a pedestrian, and going straight.
3. Obey all traffic laws.

Note: "Students on Bikes" signs are positioned in the road at each end of the course to warn motorists using the road.

SKILLS TO PRACTICE:

1. Right turn (number 1): Lane positioning, complete stop, signaling.
2. Avoiding parked car (number 2): Using SASS well ahead of time, communicating with other drivers, being predictable, appropriate lane positioning.
3. Left turn (number 3): Lane positioning, using SASS, complete stop, signaling.
4. Destination positioning (number 4): Using Rule of Thirds to indicate where you're going through the intersection (right side = right turn or straight; left side = left turn).
5. Driveways (number 5): Exiting driveway as if there's an invisible stop sign at the end, creeping out to look around obstacles.
6. Obeying traffic light and yielding (number 6): Left turn yields to oncoming traffic even when the light is green.



Advanced Traffic Skills Practice - lane positioning



Advanced Traffic Skills Practice - traffic light operation

