

Bike & Pedestrian Safety

Lesson Title: Criss-Crosswalk

Grade Level: PK – 2nd Grades

Objective: Students will recognize the importance of staying on walking paths and obeying street signs.

Oklahoma Health Education Standard(s):

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Equipment:

Various equipment to use as obstacles

Printed out traffic signs

Quick Facts:

- When crossing the road, look **left, right, left** before crossing.
- Always stay in the crosswalk lines to stay out of the roadway where cars are driving.
- It is not safe to have headphones or earbuds in both ears when traveling on sidewalks or roads.
- If a sidewalk is available, always walk on the sidewalk. If walking on the side of the road cannot be avoided, always walk against traffic so you can see cars coming towards you and they can see you.

Activity:

1. Use various equipment (i.e. hula hoops, cones, basketballs, jump ropes, etc.)
2. Make 2 different paths/obstacle courses that cross paths several times. Where the courses meet there should be traffic signs like there would be outside (stop, yield, slow, etc.)
3. Split the class into several groups and have each start on a different course. They must follow the course and obey the traffic signs. It will be important for them to watch where the other group is, so they do not run into them. This will teach students to be aware of their surroundings as well as how to read signs.



Lesson Title: Fitted or Fall Off

Grade Level: 3rd – 6th Grades

Objective: Students will be able to identify the components on how a helmet should fit.

Oklahoma Health Education Standard(s):

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Equipment:

Helmets for each of the students

Quick Facts:

- Anytime a helmet is damaged or in an accident it should be replaced.
- Helmets are not meant to be “grown into”, they should fit now.
- It should be snug, but not be uncomfortable. It should not rock back and forth on your head.
- Your forehead should be covered. The helmet should not be tilted back leaving your forehead uncovered.
- Chin strap should be tight and well adjusted.

Activity:

1. The object of this activity each the children how a secure helmet should look and feel in motion. To ensure proper fit, try moving the helmet from side to side and from front to back, after it has been fitted. Triangle Tag is a fun activity to check for loose fitting helmets.
2. After all students have a properly fitted helmet, divide them up into groups of four.
3. One person from each group is designated as the “tagger” and another person is designated as the person to be “tagged.”
4. The person to be “tagged” and the other two students hold hands and stand in a triangle formation. The person designated as the “tagger” stands outside of this group.
5. The group moves in a side-to-side movement as the “tagger” attempts to tag the student designated to be “tagged.”
6. The “tagger” cannot go under or over the group.

