



SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: Stay Safe on Your Bike & Use Hand Signals: grades: K-2

Length of lesson: 30 min

Goal: Students will learn the basics of bike safety and how to use hand signals.

Objectives:

- Understand why wearing a helmet is important
- Learn the safest places to ride a bike on the road: in the bike lane if possible, WITH the flow of traffic.
- Demonstrate how to use hand signals to turn left and right.
- Have conversations about stop signs and their importance.

Vocabulary:

Discuss these terms prior to the lesson:

Bike Lane
Helmet
Hand Signals

Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond! Activity book
3. Crayons and pencils
4. (Optional) Projection of lesson

"I Can" statement:

Display and read the "I Can" statements before and after lesson delivery.

I can stay safe on my bike!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

Rocket was in a big hurry to get to art camp. He was worried he might miss his favorite part... free paint time! He put on his helmet, knee pads, elbow pads, and got on his bike. His neighbor was getting on her scooter to go to art camp too. "Hi Molly!" He called. "Oh hey Rocket! Race me to art class? Maybe we can get there on time!" "Ok!" Called Rocket. They both took off quickly in the bike lane. Rocket stopped at a stop sign... but Molly just slowed down and looked around, then sped through! It was time to turn right. Rocket watched for her hand signal, but, she just sped around the corner. Rocket slowed down and put his right arm straight out then turned. "Beat ya!" She boasted when Rocket pulled his bike in. But Rocket looked worried. "What's wrong?" Asked Molly "Well it's fun to race, but I like you to be safe even more. You should always stop at stop signs and use hand signals. Cars might not see you, and there's not enough time to look left, right, and left again if you don't stop. Cars or other vehicles might have to slam on their breaks if they don't know which way you're turning. I just want you to be safe!" You're right Rocket... I'll make sure to ride home safely. Maybe you can ride back with me?" "For sure!" said Rocket, as they exchanged high-5's.

Ask the students to put their thumbs up if Rocket used the sense to recognize feelings or thumbs down if he didn't use the sense.

Did Rocket use smell? (Thumbs down)

Did Rocket use hearing? (Thumbs up)

Did Rocket use touch? (Thumbs down)

Did Rocket use sight? (Thumbs up)

Did Rocket use taste? (Thumbs down)

Did Rocket use his 6th sense? (Thumbs up)



SENSE OF SAFETY & Beyond! Lesson Plan

Lesson: Activity Book, Pages 6,7,& 8

Lesson

Who likes riding bikes? (Respond, ask questions about what their bikes look like, where they ride to, etc.) Who has ridden a scooter?

How are bikes and scooters the same? How are they different? What are

some other things that could take you place to place like these? (Skateboards, skates, roller blades) We are going to talk about how to stay safe on bikes and scooters. In our story a few minutes ago, what was Rocket WEARING to keep him safe? (Helmet, bright colored clothes, elbow pads, knee pads) what is on Rocket's head to keep him safe? (Helmet) Why is that? (Because it protects your head and your brain.) Rocket is also wearing bright colored clothing so that cars and motorcycles can see him even if it is dark, foggy, or rainy. There are also things you can DO to stay safe while riding a bike or scooter. Give me a thumbs up for "safe" or thumbs down for "unsafe" for each way Rocket's friends are riding their bikes. Lucy is riding in the bike lane (Thumbs up) That's right! It is safest to ride in the bike lane. Cars and motorcycles are expecting bikes to be there. Brian is riding home on the left side of the road. There are cars coming toward him. (Thumbs down) You got it! You should ride WITH traffic. That means you should be going in the same direction as the cars. Yvette is riding to the park on the right side of the road. The cars are going in the same direction that she is. (Thumbs up) Great job. She's riding her bike in the right direction.

Let's read and complete the "Stay Safe on Your Bike" page in the Activity Book to review how to be safe on a bike or scooter. (Complete the page, project if desired)

Now there's something else you can DO to stay safe when you are on a bike and sharing the road with a car. You can stop at stop signs and use hand signals when turning. Who knows the hand signals you would use on a bike if you were turning? (Discuss and respond to students) Let's practice together! (Call on a student to stand at the front of the class to demonstrate the two ways to signal a right turn, and how to signal a left turn.) Complete the pages "Stay Safe on Your Bike", "Use Hand Signals", and "Practice Hand Signals."

Extended Thinking

- When else might you need a helmet? (Scooter, roller blades, roller skates, 4-wheelers, etc.)
- How do you think Rocket's helmet fits him? Is it loose or snug? (Snug) Clipped or unclipped? (Clipped) Who could you ask to make sure your helmet fits properly? (Parents, officer, fire fighter, other adults, big brother/sister etc.)
- What are some other ways we could stay safe when riding bikes? (Check bikes to make sure they are safe, use lights or reflectors at night, ride with a buddy, etc.)

Standards

1.2.2 Recognize that there are multiple dimensions of health.

CCSS.ELA-LITERACY.SL.K.6 Speak audibly and express thoughts, feelings, and ideas clearly.

CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.

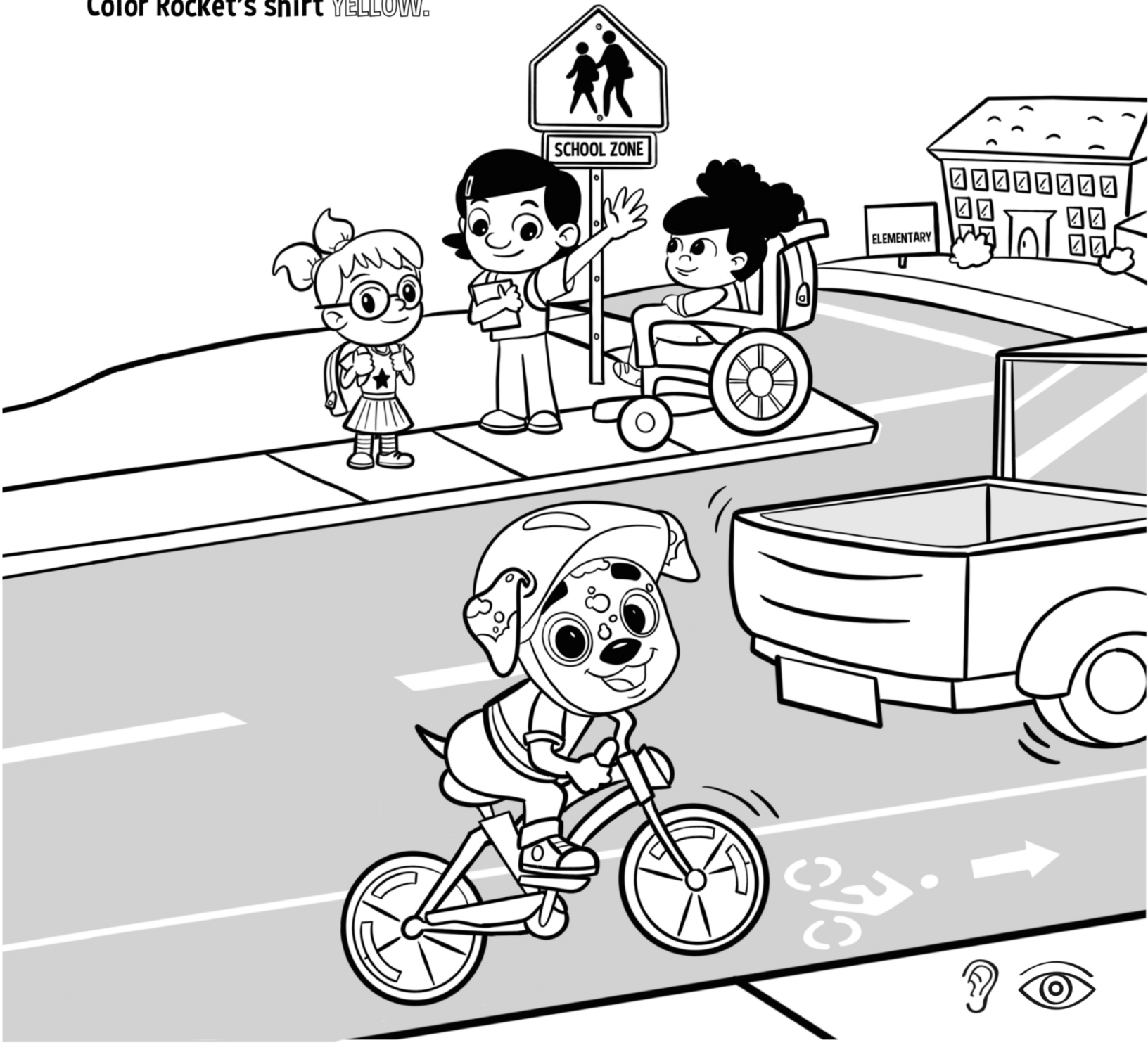
CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).

STAY SAFE ON YOUR BIKE!

1. Always wear a helmet! Color Rocket's helmet **BLUE**.

2. Ride in the bike lane if possible, in the same direction as the cars. Color the arrow that shows the direction Rocket should ride **GREEN**.

3. It's important for cars to be able to see you! Wear bright colored clothing. Color Rocket's shirt **YELLOW**.



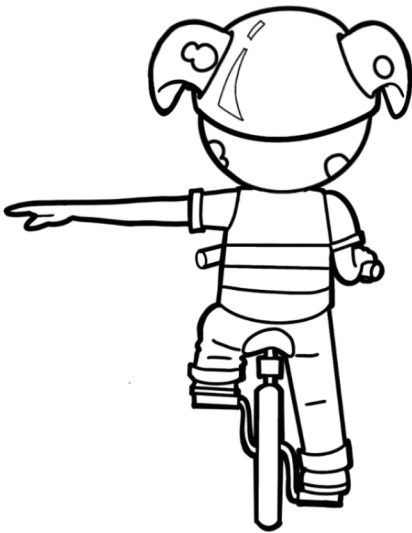


Rocket Says...

USE HAND SIGNALS

WHEN RIDING YOUR BIKE

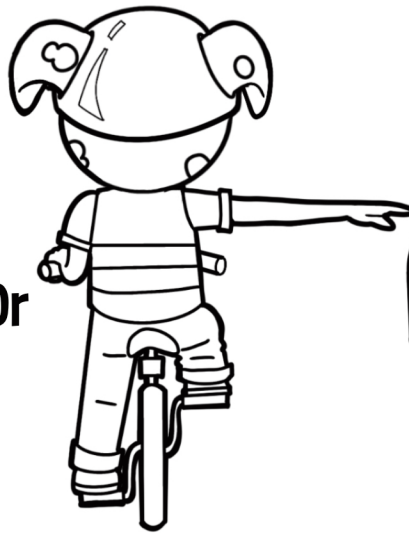
**Rocket uses these hand signals when riding his bike.
Practice each signal with a friend.**



Left Turn



Or



Right Turn



Stop

Cars will be able to tell which way you are going, or if you are stopping when you use hand signals. This will keep you safe.

PRACTICE HAND SIGNALS



Draw a line to match the sentences with Rocket's hand signals.



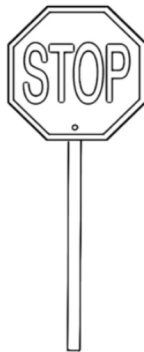
Rocket is going to stop.



Rocket is turning right to go to a park.



Rocket is turning right to go to school.



Rocket is turning left to get some ice cream.



I can stay safe
on my bike!

VOCABULARY

Bike Lane

Helmet

Hand Signals



Congratulations!

For Completing the lessons

Use Hand Signals & Stay Safe on your Bike

**You're a Rocket Rules
Safety Super Star!**

Instructor signature _____

Signature Rocket  _____ Date _____

