

# BICYCLE AND PEDESTRIAN SAFETY LESSON PLAN 4<sup>TH</sup> – 8<sup>TH</sup> GRADE



## SUBJECT

Teaching school age children the importance of bicycle and pedestrian safety at a young age.



## AGE LEVEL

This lesson plan is recommended for 4th-8th grades (ages 9-13).

## BACKGROUND

Walking and biking are healthy and enjoyable activities. However, these activities are also becoming increasingly dangerous, especially when kids have more distractions than ever before. Pedestrians and bicyclists have rules, too. For pedestrians, using a crosswalk, waiting for the “walk” signal to change and looking both ways are all ways of staying safe. For bicyclists, signaling when they turn, riding in the bike lane, and using helmets are all things they can do to remain as safe as possible. At this age, kids are becoming more independent and beginning to explore the world without the supervision of adults.

## GOAL

This lesson plan will help students become more aware of their surroundings while out and about, whether they are walking or biking. The purpose of this lesson plan is to prepare kids to walk and bike safely when in areas where cars, trucks and other motor vehicles are all on the road, and how to avoid distractions when walking and biking.

## PEDESTRIAN SAFETY

**Pedestrian Safety Key Messages:** Start by asking kids: What is a DISTRACTION?

**Q:** “Raise your hand. Does anyone know what a **distraction** is?”

> **A:** Anything that takes your attention away from the task you are performing.

**Q:** “Who can name different types of distractions we encounter on a daily basis?”

> **A:** Phone. Music Players. Texting. Other Kids. Talking.

**Q:** “Is texting while walking considered a distraction?”

> Students should show thumbs up.

**Q:** “Is listening to loud music while biking considered a distraction?”

> Students should show thumbs up.

**Q:** “Raise your hand if you have used a phone or listened to music while walking or biking.”

> Answers will vary.

**Activity:** Ask students to raise their hand if they have a cell phone, music player, or any other electronic device they carry with them to school.

- > Ask students to keep their hand up if they use these devices while walking or biking.
- > Follow up with the students who raised their hand on why using those devices might be dangerous.
- > Ask students if they have ever tripped or ran into something while using a device while walking or biking.

### Teaching Young Kids How to Walk Safely Without Distractions

As kids get older, they are more likely to be walking on their own in areas with higher traffic. Kids should be just as careful when they're walking as they are when they're on their bike. Inform the students on the following important tips to stay safe while walking. Remind kids of the following:

- 1 Teach kids that it's important to make eye contact with drivers before crossing the street.
- 2 If a student needs to use a cell phone, make sure they stop walking and find a safe area to talk.
- 3 When a student is using headphones, they should be sure to look up and pay extra attention and remove their headphones when crossing the street.
- 4 These distractions can take their attention away from the street, and what is happening around them.
- 5 Be aware of others who may be distracted. Speak up when you see someone who is distracted.

### How to be a Safe Pedestrian

- 1 Follow the rules of the road, and obey signs and signals.
- 2 Put your device down, and make eye contact with drivers before crossing.
- 3 Keep alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
- 4 Look left, right, and left again before crossing the street.
- 5 Always cross the street at a crosswalk or intersection with a stop sign or signal to ensure drivers can see you.
- 6 If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
- 7 Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight when it's dark.
- 8 Walk on sidewalks, whenever they are available.

## Videos

Show the following pedestrian safety videos to the class:

- > ["Walk Safely" Info Video](#) (California Office of Traffic Safety) \*May require teacher to narrate\*
- > [Pedestrian Safer Journey Video](#) (Federal Highway Administration)

## Worksheets

Distribute the following pedestrian safety worksheets to the class:

- > [Spot the Safe Behaviors](#)
- > [Go Safely Activity Book](#)
- > [Bike & Pedestrian Safety Word Search](#)

## How to Bike Safely

- 1** Don't text, listen to music, use your phone or do anything that distracts you. Keep your eyes on the road at all times.
- 2** If you need to use a cell phone, make sure you stop biking and find a safe area to talk or text.
- 3** Wear a properly-fitted helmet. It should be nice and snug. If it tilts back on your head or goes into your eyes, it is too loose. Have mom, dad or another adult help you tighten it.
- 4** Obey street signs, signals, and road markings.
- 5** Do the "ABC" check before biking:
  - A. AIR.** Check to make sure there's enough air and the tires are not flat or worn down.
  - B. BRAKES.** Spin the wheel. There should not be anything rubbing against it. The brake pads should also not rub on the tire or spokes. Check hand brakes and foot pedal brakes to make sure they work.
  - C. CHAINS.** It should feel smooth and be slippery when you touch it.



## Videos

Show the following pedestrian safety videos to the class:

- > [Bicycle Safety Video](#) (California Office of Traffic Safety) \*May require teacher to narrate\*
- > [Bicycle Safer Journey Video](#) (Federal Highway Administration)

## Worksheets

Distribute the following bicycle safety worksheets to the class:

- > [Design Your Dream Helmet](#)
- > [Design Your Own Bike](#)

## Additional Discussion Topics

- > Discuss overall traffic safety and what it means to them.
- > Ask students if they have ever noticed other kids walk or bike while being distracted.
  - > Follow up with what they could do to correct those who are walking or biking distracted.

## Additional Guides

- > [Best Practices for Safe Crossing](#)
- > [Walking in Bad Weather](#)
- > [Pedestrian Safety Infographic Card](#)
- > [Pedestrian Safety Poster](#)

## Additional Resources

- > [www.gosafelyca.org](http://www.gosafelyca.org)
- > [www.ots.ca.gov](http://www.ots.ca.gov)



[gosafelyca.org](http://gosafelyca.org)

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