

## BICYCLE AND PEDESTRIAN SAFETY EDUCATION

### ELEMENTARY SCHOOL CURRICULUM AT-A-GLANCE

	LESSON NAME & KEY POINTS	MATERIALS & EQUIPMENT	NOTES FOR IMPLEMENTATION
BEFORE YOU IMPLEMENT THE PROGRAM	<p>Pre-Program Measurement</p> <ul style="list-style-type: none"> <li>Do and collect the Student Survey.</li> <li>Send home the parent letter and Parent Survey (optional).</li> <li>Begin to recruit parent volunteers</li> </ul>	<ul style="list-style-type: none"> <li>Student self-Reported Behavior Tally</li> <li>Parent Survey About Walking and Biking to School (optional)</li> <li>Parent Letter</li> </ul>	(inside)
LESSON #1 BIKE/PED	<p>Introduction</p> <ul style="list-style-type: none"> <li>To introduce students to the purpose of the bike/ped unit and the connection to lifetime fitness</li> <li>To expose students to safe riding and walking practices</li> </ul>	<ul style="list-style-type: none"> <li>“Bike Safe, Bike Smart” video</li> <li>AV equipment, screen</li> <li>WA St. Bicycle Traffic Laws brochure</li> <li>Homework for each student: pretest, Home Test for Drivers, and Circle the 12 Hazards</li> <li>1 Bike</li> <li>1 Helmet</li> </ul>	(inside)
LESSON #2 PED	<p>“Captain Barclay” Game</p> <ul style="list-style-type: none"> <li>To review and practice pedestrian safety rules</li> </ul>	<ul style="list-style-type: none"> <li>Game cards (4 sets)</li> <li>Teacher’s talking points</li> <li>4 buckets or other containers</li> </ul>	(inside)
LESSON #3 PED	<p>“Eyeballs” Sightlines Game</p> <ul style="list-style-type: none"> <li>To practice catching the eye of drivers before crossing</li> <li>To understand the concept of sightlines</li> </ul>	<ul style="list-style-type: none"> <li>Tape and/or cones for marking simulated street</li> <li>2 pairs dark sunglasses</li> <li>8 whiffle balls or similar balls for throwing and catching</li> </ul>	(inside)

THE SAFE ROUTES TO SCHOOL BIKE AND PEDESTRIAN SAFETY EDUCATION PROGRAM

<p>LESSON #4A BIKE</p>	<p>Clothing &amp; Equipment; Bike Handling Instruction</p> <ul style="list-style-type: none"> <li>To review clothing for bicycling &amp; walking</li> <li>To properly fit a helmet</li> <li>To demonstrate a bike safety check</li> </ul>	<ul style="list-style-type: none"> <li>Helmets for each student</li> <li>Helmet tissue or surgical caps</li> <li>Bikes arranged by seat height</li> <li>4 Adult volunteers</li> </ul>	<p>(inside, outside) Establish class management, Tie &amp; tuck A-B-C Quick Check</p>
<p>LESSON #4B BIKE</p>	<p>Bicycle Handling Practice</p> <ul style="list-style-type: none"> <li>To properly fit a bike</li> <li>To learn straight line riding, whistle stop, and hand signals</li> </ul>	<ul style="list-style-type: none"> <li>Poster map of course for instruction</li> <li>Marked course for skills practice</li> <li>2-4 Adult volunteers</li> </ul>	<p>(intro inside, activity outside) Tie &amp; tuck A-B-C Quick Check Single line riding Spacing Riding behavior</p>
<p>LESSON #5 BIKE</p>	<p>Bicycle Handling, Cooperation and Communication Skills</p> <ul style="list-style-type: none"> <li>Teach full stop, scanning for traffic behind</li> <li>Non-verbal communication</li> <li>Cooperation with other road users</li> </ul>	<ul style="list-style-type: none"> <li>Helmets for each student</li> <li>Helmet tissue or surgical caps</li> <li>Bikes arranged by seat height</li> <li>Marked area for 3 skills practice courses</li> <li>4 Adult volunteers to monitor exercises</li> </ul>	<p>(intro inside, activity outside) Tie &amp; tuck A-B-C Quick Check Scan w/ single line, spacing You Go First Squeeze Box Stop=foot down, turn head</p>
<p>LESSON #6 BIKE</p>	<p>Beginning Traffic Skills Practice</p> <ul style="list-style-type: none"> <li>To practice predictable straight line riding, whistle stop with control, scanning for traffic behind, and turning right and left with hand signals</li> <li>Left Turns – as a vehicle, as a pedestrian</li> <li>Right Turns</li> <li>To practice exiting a driveway</li> <li>To practice crossing safely as a pedestrian</li> </ul>	<ul style="list-style-type: none"> <li>Poster map of basic traffic skills course adapted for your site</li> <li>Helmets for each student</li> <li>Helmet tissue or surgical caps</li> <li>Bikes arranged by seat height</li> <li>Marked intersection for skills practice</li> <li>2 Stop signs, RR signs</li> <li>6 or more cones; dots</li> <li>3 Students on Bikes signs to warn drivers</li> <li>4 adult volunteers to monitor stop signs and driveways</li> </ul>	<p>(outside) Tie &amp; tuck A-B-C Quick Check Teacher demonstration, small group, then whole class. Left turn 2 ways; Right turn; Driveway, full stop, look, creep to see around parked cars. Single file, no passing.</p>