RIDE & SMILE

Bicycle and road safety

Part 1

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Ride and Smile **Educational activities on environmental awareness**	**Module:** **Bicycle and road safety - Part 1**	**Target group:** 7-10 years
Subject(s): Physical Education, Social Education, Play and Movement **Topic:** Be safe on the road **Duration:** 1-2 hours (2 LESSONS) **Material:** Worksheet, Traffic Game, traffic signs		
Content areas / Main key areas: • Nature and environment • Body and health • Play and Movement • Physical Educartion • Social Education	**Description:** Knowing the traffic rules and road sign is basic these days. If we want to be sure that our children are safe on the road and to use their bikes as much as they can we have to teach them from a very young age about the traffic rules and how to be safe on the roads. In our modern world cars have taken over and they have changed many aspects of our lives. It is very important to make children aware of the damages and the disadvantages of a car based society from a very early age. Riding our bike sometimes seems very complicated if we think about the traffic that is out there and sometimes parents and teachers are scared to use this easy and environmental friendly means of transportation. This set of activity gives ideas to introduce and teach the very basics of “getting around in the traffic with bike” for young learners. The activities can be easily implemented and used by teachers in many ways because they improve not just the knowledge of students about the traffic rules or road signs but also improves their sensorimotor skills and the ability to focus and concentrate. These activities can be then followed by a cycling competition which can have different difficulty levels depending on the age and abilities of the students.	
Learning requirements: The learners • have to be able to ride a bike • they have to know directions • …	**Learning objectives / Expected competences:** The learners can • learn the traffic rules and signs • explore the traffic signs in their environment • improve their sensorimotor skills (Play and movement curricula for 3rd and 4th grade) • conduct an active life (Play and movement curricula for 3rd and 4th grade) • apply the knowledge and skills they have acquired in everyday life	

Lesson plan			
Sequencing & phase objective	**Action steps and impulses**	**Concretized competence expectations**	**Learning materials**
FIRST LESSON **Phase 1** **Starter activity**	Activity 1 (5 min-10 minutes) - We can start our activity with a warming up song especially the younger students. E.g. The traffic light song.(see at additional hints) Then we can move on with a game that helps to focus or to concentrate. Little Bike – As a warming up activity the teacher/s can teach the following rhyme to the students. The rhyme can be easily connected with some easy to learn movements: Little bike, this, this/Little bike that, that,/Little this/little that/Little bike this and that!/(see video at additional hints)	The learners can • refresh their knowledge about the traffic light (colors and actions) • develop their movement coordination and fine motoric-skills (because repetitive movements strengthen the nerve pathways running between the brain and the body, sayina rhyme with movements improves the movement coordination) • develop their language abilities • distinguish different traffic signs and can name them. • develop their trust and confidence • apply the practical knowledge they have learnt	Pictures of different road (traffic signs), demonstrative road signs, red and green flashcards, presentation about the traffic signs …
Phase 2 **Main activity**	Activity 2 (10-20 minutes) - The teacher introduces the concept of the traffic signs (road signs). Focusing on the following questions: What's the use of the road signs? Why is it important to know them? Do we have to know the road signs if we are riding our bikes? Which are the most common road signs that we meet when we are riding our bikes? There is a discussion on this topic and the teacher presents all the major road signs to the students. (The choice of the signs depends on the age of the students and their former knowledge) Activity 3 (10-15 minutes) - HUMAN TANDEM– This activity is based on the students' perceptions and physical experiences. First we have to make a bike route/bike road with the help of some road signs. We can make this route (traffic scene) in the classroom or even outside. For this activity we need to form group of 2 students. Each group of two will consist a bike and a biker. The student who stands in front is the bike(his/her eyes are folded) and the one behind is the biker. There are some rules that apply both to the bike and to the biker. RULES: • The bike student is going strait if the biker taps both shoulders of the bike.		

	• The bike will go reverse if the biker touches the top of the head of the bike. • The bike will turn left/right if the biker taps the right or left shoulder of the bike. • The bike stops when the biker touches the bike's back. The task of the students is to go through the traffic following the traffic rules that applies due to the traffic signs. This activity is a lot of fun, students wants to go on and on again and again! It is an easy way to learn traffic rules for young students! (see pictures at the additional hints)		
Phase 3 Finishing activity	Activity 4 (10 minutes) - At the end of the class the teacher is making a TRUE/FALSE activity as a feedback activity. How does it goes: The teacher is telling true and false statements about the traffic rules and signs and the students have to show up their red or green flashcards (if true they show the green and if it is false the red one). E.g. STATEMENTS: When I see the STOP sign I have to stop the bike and get off. Is it true or false? (True - green)		

Sequencing & phase objective	Action steps and impulses	Concretized competence expectations	Learning materials
SECOND LESSON **Phase 1** **Starter activity** **Phase 2-3** **Main and Finishing activity**	Activity 1 (5-10 minutes) - As a warming up activity you can start with any game that you just tried last time, anything that helps the focus and attention. They can remember and sing the song they have learnt last lesson (the traffic light song). We can play any movement based game. Activity 2 (15-20 minutes) - Traffic Jam This activity or game helps students to identify the most important traffic signs. TIP:You can play this game with other traffic signs too (more complicated ones), it depends on what you want to teach them and how old your students are. It is an outdoor activity but you can also play indoors if the weather is not good outside. The rules of the game: you need 4 traffic signs (the most important ones: STOP, YIELD, TURN LEFT, TURN RIGHT etc) and a 2-3m long rope. The teacher is the game manager who is giving the directions to the students. You have for each sign a student to hold on the sign. You send them in 4 different directions and put the rope in the middle of the game field. Then for the other students you give the directions where to run. E.g. When you shout STOP then all the students run to the sign that says STOP, if you shout TRAFFIC JAM then everybody has to run to the middle and align along the rope. Students will take turns in holding the traffic signs. The students who go in wrong direction they get a yellow point and after 2 yellows the third time they get a red point and they are out of the game. The last 3 students who are still in the game will be the winners. • Always listen to your teacher, follow his/her directions! • Don't push or touch others! Try not to bump in others! • When you hear the name of one of the 4 traffic signs (STOP, YIELD, TURN LEFT, TURN RIGHT) run towards the sign! • When you hear the sentence:" It is traffic jam!" run to the middle and try to find a place along the rope! • Have fun playing!	The learners will be able: • to identify the traffic signs. • to be more confident in using their knowledge in traffic. • to focus/to concentrate better.	Printable traffic signs that you can find on the internet, badges designed by students.

	TIP: For older students you can come up with a more difficult version. After every student has learnt the 4 signs then you divide the group of students into 2 teams (bikes and buses - you can also give them badges) and asks them to run to the sign where you want them. E.g. Buses have to run to the stop sign! Bikes have to run to the main road sign!		

Additional hints, media, useful links

The traffic light song link on you tube: https://www.youtube.com/watch?v=HhrfOgLjBvg

Impressions