RIDE & SMILE

Bicycle and road safety

Part 2

Co-funded by the Erasmus+ Programme of the European Union

This project has been funded with support from the European Commission. This project reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

CC BY NC ND

Ride and Smile **Educational activities on environmental awareness**	**Module:** **Bicycle and road safety - Part 2**	**Target group:** 7-10 years
Subject(s): Physical Education, Social Education, Play and Movement **Topic:** Be safe on the road **Duration:** 1 hour **Material: bike puzzle, protective equipment**		
Content areas / Main key areas: • Social studies • Language and communication	**Description:** Knowing the safety rules when we ride our bike is very important. Sometimes we forget that riding a bike on a public road is as dangerous as driving any other vehicle, for example: cars. If we do not put the safety belt on we can hurt ourselves. We have to make our students to think and be responsible when they use their bikes. The safety equipment is very important and we have to emphasize the use of the helmet, knee-pads, elbow pads or any other safety equipment when we use our bikes. .	
Learning requirements: The learners • they have to know how basic things about bicycle and cycling • …	**Learning objectives / Expected competences:** The learners can • learn how to use in a safely manner their bikes on the road • put on the protective (biking) equipment • develop their cooperative skills	

Lesson plan			
Sequencing & phase objective	**Action steps and impulses**	**Concretized competence expectations**	**Learning materials**
Phase 1 **Starter activity**	We can start our activity with a warming up song especially the younger students. E.g. I like to ride my bicycle. The teacher gives some puzzles to the students (pictures with bikes). TIP: We can devide the class into groups of 2 or 3, it depends on our choise and size of our class. If we work with younger students we can work easier in groups of 2. The task is to match the parts of the puzzle.	The learners can • develop their knowledge about the safety rules of biking • get to know the biking equipment • develop their trust and confidence • apply the practical knowledge they have learnt • learn more about the rules of biking	Safety equipment (helmet, kneepad, elbowpad etc). Printable pictures made into puzzles. Printable cross-words and safety rules of biking
Phase 2 **Main activity**	The next step is a discussion about bike, biking, safety issues (we conduct the discussion based on the pictures of the puzzles). The teacher is focusing on the following questions: What do the people do in the pictures? What do they wear? Why do we need to wear a helmet? What other body parts do we need to protect when we use our bikes? What happens when we have to cross the road on the crossing with our bike? How we can be sure that drivers can notice us on the road? You can find biking rules online (see link). As a next step the teacher is showing a protection equipment (helmet, knee and elbow pads etc). The teacher demonstrates how to put on correctly. The students are encouraged to try on the equipment.		
Phase 3 **Finishing activity**	Another good activity is to ask the students to prepare a poster about promoting the safety measures when we ride our bikes. Students can work in groups from 2 to 5. The students present their poster.		
Additional hints, media, useful links Song: I like to ride my bicycle https://www.youtube.com/watch?v=wxcSxYZSbiQ Another option for a bicycle song for young learners: https://www.youtube.com/watch?v=9GzbrjnVS3c Kids and bicycle safety https://one.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/index.htm Printable worksheet about safety equipment: https://www.tes.com/teaching-resource/bicycle-parts-and-equipment-11362636 Get to know more about your bicycle: https://greenschoolsireland.org/celebrate_cycling/			

Impressions