



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Before your students pedal to a friend's house, school, or the local pizzeria, they should know how to follow the rules of the road for bikers and wear helmets. These activities will help your students learn about bike safety and how to stay injury-free while riding bikes.

Related KidsHealth Links

Articles for Kids:

Bike Safety

KidsHealth.org/en/kids/bike-safety.html

Do You Know How to Be Street Smart?

KidsHealth.org/en/kids/street-smart.html

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/en/kids/cuts.html

Concussions

KidsHealth.org/en/kids/concussion.html

Articles for Teens:

Bike Safety

TeensHealth.org/en/teens/bike-safety.html

Texting on the Move

TeensHealth.org/en/teens/texting.html

Dealing With Falls

TeensHealth.org/en/teens/falls-sheet.html

Concussions minisite

TeensHealth.org/en/teens/center/concussions-ctr.html

Resources for educators:

Concussions Special Needs Factsheet

KidsHealth.org/en/parents/concussions-factsheet.html

Concussions: What Parents and Coaches Say

KidsHealth.org/en/parents/concussion-survey.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. The last time you rode a bike, did you ride on the sidewalk or in the street? Did you wear a helmet? Did you use hand signals before turning? Did you text?
2. What is a concussion? What are the symptoms of a concussion? What are the effects on the brain?
3. How can you alert others on the road that you're turning when you're riding a bike? What other signals can you use to stay safe?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

My Bike Tag

Objectives:

Students will:

- Design a tag with bike safety tips

Materials:

- KidsHealth.org articles
- Computer with Internet access
- “My Bike Tag” handout
- Permanent markers

Class Time:

- 1 hour

Activity:

After reading the KidsHealth.org articles about bike safety, we’re going to design small tags that can be attached to bikes to give important safety reminders. Tags should list the top five things bike riders need to do to stay safe. Use strong, clear words such as “always” and “never” to show the importance of the tips. Be sure to include a rule for wearing helmets as well as safety tips for riding and for signaling to others on the road.

Extensions:

1. Laminate bike tags and have your students give them to students in younger grades, after giving the younger students a presentation on bike safety.
2. With parental permission, have students bring their bike helmets to school and decorate them with permanent markers, nail polish, and/or reflective stickers. Show students how to be sure their helmets fit snugly, don’t tilt backward or forward, and have CPSC stickers.



Safety Dance

Objectives:

Students will:

- Demonstrate bicyclists' hand signals
- Create a dance video that incorporates bike hand signals and bike safety rules

Materials:

- KidsHealth.org bike safety articles, "Safety Dance" handout
- Computer with Internet access
- CD player and CD of popular, age-appropriate music
- Video camera
- Optional: Bike helmets and bike-safe clothes, including closed-toe shoes

Class Time:

- 1 hour

Activity:

In groups of four, we're going to create brief music videos that include lyrics on bike safety, hand signals, and dancing. First, we'll check out the KidsHealth.org articles related to bike safety to collect facts for the video. Then we'll choose or make some background music and write lyrics and some dance moves that show hand signals and bike safety rules.

Extensions:

1. Have a class contest and vote for the best video. Highlight the winning video during the next school-wide assembly.
2. Using the video, present bike safety information to an elementary school class.
3. Have a local police officer visit the class to present information on bike theft prevention.

Reproducible Materials

Handout: My Bike Tag

KidsHealth.org/classroom/6to8/personal/safety/bike_safety_handout1.pdf

Handout: Safety Dance

KidsHealth.org/classroom/6to8/personal/safety/bike_safety_handout2.pdf

Quiz: Bike Safety

KidsHealth.org/classroom/6to8/personal/safety/bike_safety_quiz.pdf

Answer Key: Bike Safety

KidsHealth.org/classroom/6to8/personal/safety/bike_safety_quiz_answers.pdf



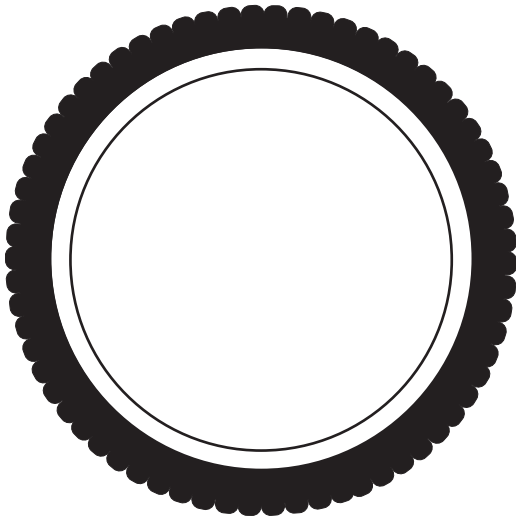
Personal Health Series **Bike Safety**

Name:

Date:

My Bike Tag

Instructions: Read the KidsHealth.org articles on bike safety. Then create a bike tag that includes five safety tips for bicyclists.





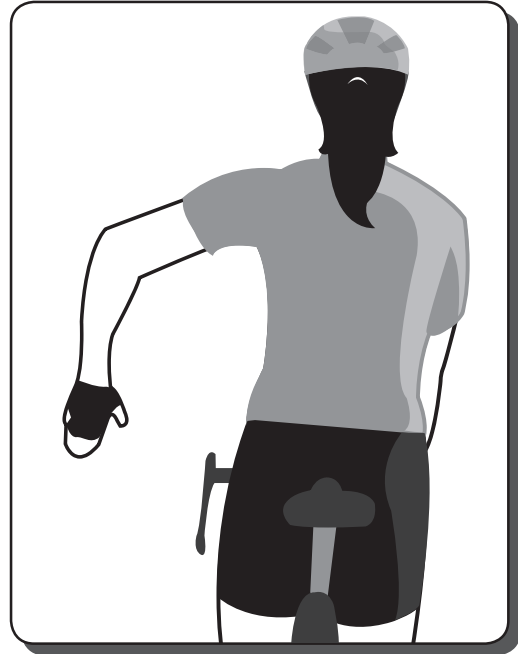
Name: _____

Date: _____

Safety Dance



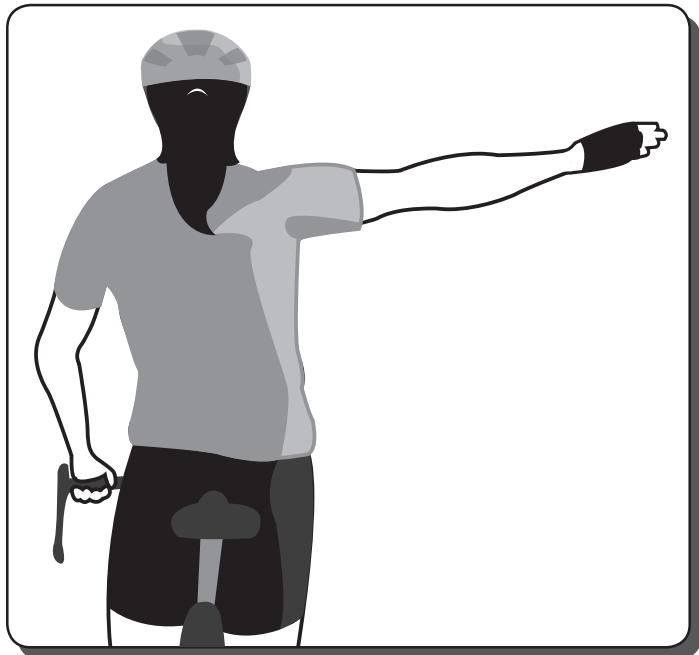
Left turn



Stop



Right turn



Also means right turn



Name: _____

Date: _____

Quiz

Using the words below, fill in the blanks.

WORD BANK

bright

helmets

road

CPSC

injuries

stop signs

direction

laws

sneakers

exercise

music

text

hand signals

right

tightly

Biking is great for getting around, and it's also great _____.

But bike _____ are common, so it's important to follow the rules of the _____ and bike _____ set by your community. Smart kids and teens wear _____ whenever they ride bikes. A bike helmet should fit _____ and should not be tilted. When you buy a bike helmet, you should make sure it has a _____ sticker.

Everyone should wear _____ clothes and _____ when they ride bicycles.

Bike riders should stay on the _____ side of the road and go the same _____ as traffic. Bike riders also need to stop at all _____ and obey traffic laws. Bike riders should use the correct _____ and never change directions or lanes without looking behind themselves.

Smart kids and teens never _____ or listen to _____ while they're riding bikes so they don't get distracted.



Quiz Answer Key

Using the words below, fill in the blanks.

WORD BANK

| | | | | |
|-------------------|------------------|---------------------|-----------------|-----------------|
| <i>bright</i> | <i>helmets</i> | <i>road</i> | <i>CPSC</i> | <i>injuries</i> |
| <i>stop signs</i> | <i>direction</i> | <i>laws</i> | <i>sneakers</i> | <i>exercise</i> |
| <i>music</i> | <i>text</i> | <i>hand signals</i> | <i>right</i> | <i>tightly</i> |

Biking is great for getting around, and it's also great exercise.

But bike injuries are common, so it's important to follow the rules of the road and bike laws set by your community. Smart kids and teens wear helmets whenever they ride bikes. A bike helmet should fit tightly and should not be tilted. When you buy a bike helmet, you should make sure it has a CPSC sticker.

Everyone should wear bright clothes and sneakers when they ride bicycles.

Bike riders should stay on the right side of the road and go the same direction as traffic. Bike riders also need to stop at all stop signs and obey traffic laws. Bike riders should use the correct hand signals and never change directions or lanes without looking behind themselves.

Smart kids and teens never text or listen to music while they're riding bikes so they don't get distracted.