

**EXTENSION
ACTIVITY**

BOOK TITLE

My Safe Bike

TOPIC

**Physical Activity
and Injury Prevention**



**Essential
Question**

How can I be safe when I ride my bike?



Teaching Strategy

This lesson uses cooperative learning strategies to encourage the students to work together to complete a task. In this lesson, the teacher will focus on having the students relate the material to their own experiences, and the lesson requires hands-on, active participation from both the teacher and the students.

REQUIRED MATERIALS

- Chart paper
- Activity Worksheet: **Safe Biking**

LEARNING ACTIVITIES



Class discussion about the book *My Safe Bike*.



Create a Classroom Safe Bike Policy.



Create an image for each rule on the **Safe Biking** activity worksheet.

LEARNING CONNECTION

This activity encourages students to think further about how to keep themselves and others safe while biking. It builds on the students' knowledge of the book *My Safe Bike*, which teaches students the vocabulary for safety equipment that is important to use with a bicycle.

READING VOCABULARY

Safe, bike, helmet, bell.

LESSON PLAN: **MY SAFE BIKE**

1. Talk to the students about the book *My Safe Bike*. Ask:



“What are some important things you learned from the book about riding a bike?”

Answers might include: what a bike helmet is, what a bike bell is, etc.

☞ Allow multiple students to answer.

2. Next, hold a class discussion with the students. Say:



“With a show of hands, who here likes riding bikes?”

Allow the students to raise their hands.

“Think about the last time you rode a bike. Did you remember to wear a helmet?”

Allow the students time to answer yes or no.

“Raise your hand if you remembered to wear a helmet.”

Allow the students time to raise their hands.

☞ Congratulate the students who raised their hands on being smart about their safety.

3. Next, say:



“How does a helmet keep you safe?”

Answer: It protects your head.

“What could happen if you fell off your bike and you weren’t wearing a helmet?”

Answer: You could hurt your head.

4. Continue the conversation by asking:



“Where are the safest places to ride a bike?”


Answers should include: close to home, the schoolyard, parks, quiet streets.

“What kind of clothes should you wear when you ride your bike?”

Answers: bright colours so you be seen easily, anything that is not too loose and could get tangled in the spokes.

LESSON PLAN: MY SAFE BIKE

5. Say to the students:

 **“Together, we are going to come up with a classroom list of safe biking rules. I am going to write our list on this big piece of chart paper. When we are finished, I am going to hand out different pictures for you to draw. When you are finished drawing, we will tape or glue your pictures under the matching rule.”**

6. The chart paper should have a title like How to Be a Safe Biker, Bike Safety Rules, or any other title you choose. Write the numbers 1 to 5 on the chart paper (leaving room under each number for the students' pictures).


7. Ask the students:

 **“What is the first and most important rule to follow when you ride your bike?”**

Answer: Always wear a helmet.

☞ Write “Always wear a helmet” beside the number 1.

8. Next, ask:

 **“What should you do at a stop sign or intersection?”**

Answer: Stop and look both ways before you cross the street.

☞ Write “Stop and look both ways before you cross the street when you get to a stop sign or intersection” beside the number 2.

9. Ask:

 **“What colour clothing should you wear when you ride a bike?”**

Answer: Always wear bright clothing when you ride a bike.

☞ Write “Always wear bright clothing” beside the number 3.

10. Next, ask:

 **“What are some safe places to ride your bike?”**

Answers: parks, bike trails, quiet streets, etc.

☞ Write “Bike in safe places like parks, quiet streets, and the schoolyard” beside the number 4.

11. Finally, ask:



“Is it safer to bike alone or with a friend?”

Answer: Biking with a friend or family member is more fun and safer because there is someone to help you if you need it.

☛ Write “Always bike with a friend or family member” beside the number 5.

12. When you have completed the list, divide the students up into five groups. Distribute one different page from the **Safe Biking** activity worksheet to each group. Say to the students:



“As a group, I want you to colour the picture you have been given. When you are finished, we are going to place your picture under the matching rule on our list.” When the groups are finished, invite each group to tape or glue their picture to the chart. When they are all attached, read through the list again. Say:

“Today we learned a lot about bike safety. Let’s read through our class bike safety list together. After I read each rule, I want you to repeat it after me.”

☛ Read each rule one by one, allowing the students to repeat the rule after you.

13. When you are finished repeating the rules, hang the chart up in the classroom for the students to use for future reference. Say:



“Now that we are all biking safety experts, you can share what you have learned today with all of your friends and family so that they can be safe bikers too! I will leave this chart up for you to look at so you can always remember how to have fun and how to be safe when you ride your bike.”

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☛ Safe Bike Policy poster