

BOOK TITLE

**Aanniqtailidjutiqaqtuq
Paisikukka
(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:
**Paisikuqtuq Aannirnaittumik
(Safe Biking)**

LEARNING ACTIVITIES

Class discussion
about the book
*Aanniqtailidjutiqaqtuq
Paisikukka (My Safe Bike)*.



Create a Classroom
Safe Bike Policy.



Create an image for each
rule on the **Paisikuqtuq
Aannirnaittumik (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 *Aanniqtailidjutiqaqtuq Paisikukka (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 *Aanniqtailidjutiquaqtuq Paisikukka (My Safe Bike)*. Ask:



“Hunauvat ilangit ajuiqtatit taiguagakhami paisikurnikkut?”

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:



“Ihagluhi, kitkut paisikariamingni aliagijaat?”

Allow the students to raise their hands.

“Ihumagilugu paisikuravit. Niaqquaqtailidjutiquaqqit?”

Allow the students time to answer yes or no.

“Ihagit itqaumaguvit niaqquaqtailidjutiquaqhutit paisikuravit.”

Allow the students time to raise their hands.

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

3. Next, say:



“Qanuq niaqquaqtailidjutit aanniqtailidjutauva?”

Answer: It protects your head.

“Huniaqqit ijukkaruvit paisikuqhutit niaqquaqtailidjutiquaqhimaittumik?”

Answer: You could hurt your head.

4. Continue the conversation by asking:



“Humi aannirnailrumi paisikurviqaqqa?”

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

“Qanurittunik aannuraaqhimavakpit paisikuraangavit?”

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:



“Atauttikkut, taininik titirarniaqtugut paisikurnikkut maliktaujukhat. Titirarniaqtatka angijumut titirarvingmut. Inirupta, aallatqiinik piksanik tuniuqharniaqtaffi titiraujaqtaffingnik. Titiraujaruiruffi, nipitirniaqtavut titiraujaqtahi ihuaqtumut maliktaujukhanut.”

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:



“Hulilraaqpakpit ikpingnaqtuq maliktaujuk malikpaktat paisikuraangavit?”

Answer: Always wear a helmet.

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

8. Next, ask:



“Hulijukhauvit nutqarvingmut apqutignulluunniit malruungnut tikitkuvit?”

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:



“Qanurittunik avitaaqaqtunik aannuraaqhimajukhauvit paisikuraangavit?”

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

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

10. Next, ask:



“Humi aannirrailrumi paisikuqtukhauvit?”

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:



“Avaliittumik ilannaqarlutilluunniit paisikurivit aanniqtailinnaqqa?”

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 **Paisikuqtuq Annirnaittumik (Safe Biking)** activity worksheet to each group. Say to the students:



“Atauttimiuluhi, ivitaaqujaffi piksa tunijaujaffiingnik. Iniruvit, iliniaqtavut piksahi ataanut maliktaujukhanut titiraqhimajaptingnut.”

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:

“Ublumi ajuiqhaqtugut aanniqtailinikkut paisikuriami. Taiguatigu ilihaqqatipitingnut aanniqtailidjutit titirait atauttiknut. Taiguruirupkit maliktaujukhat, iliffittauq taiguarniaqtahi.”

☞ 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:



“Paisikurnikkut aanniqtailinikkut qaujimattialiqqugut, uqautigittaaqtahi ajuiqhaqtavut ublumi ilannaffingnut ilaffingnut aanniqtailijaangita paisikuraangamiglu! Nivinngaqhimaniaqtara una titiraqhimajaqqut itqaumajaaffingni qanuq aliahuktaaqtuhi aanniqtailihimaluhi paisikuraangaffi.”

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☞ Safe Bike Policy poster

Paisikuqtuq Aannirnaittumik



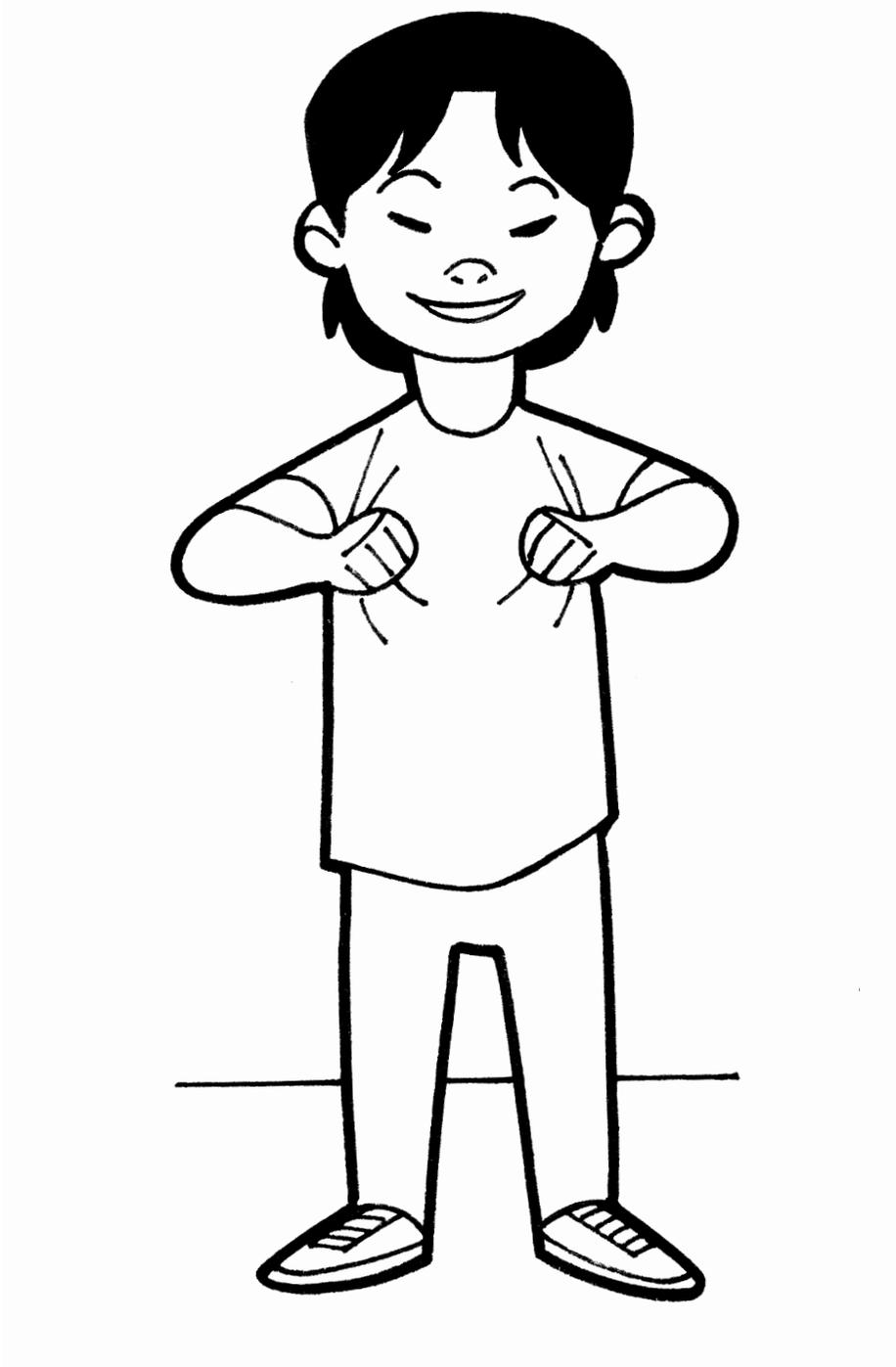
Niaqqualaikutiqaqpaktut.

Paisikuqtuq Aannirnaittumik



**Nutqaqaktut hanimut qiniqpaglutiglu apqut
ikaaqtiqtinnagu nutqarvingmut tikitkaangavit.**

Paisikuqtuq Aannirnaittumik



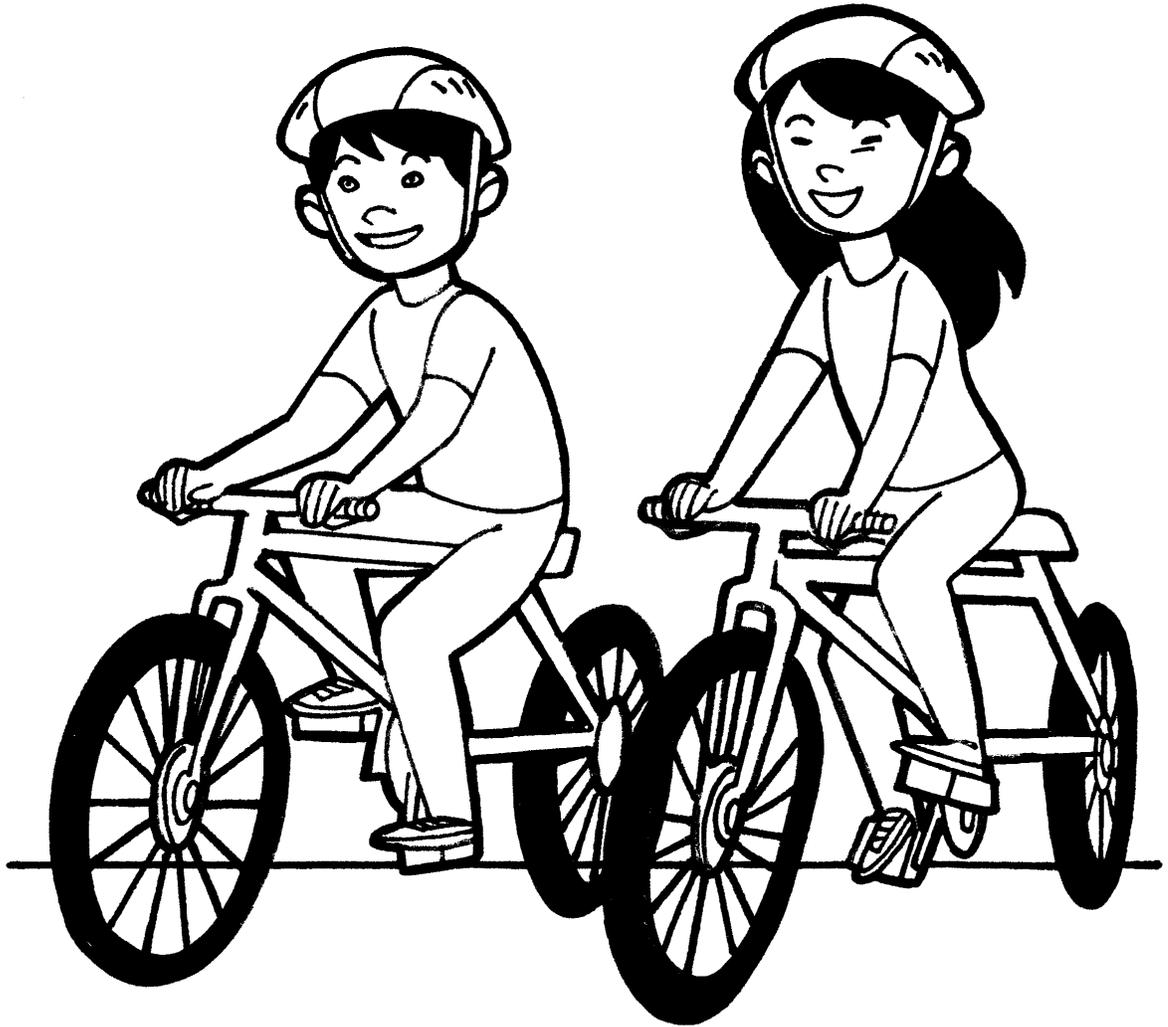
Qaumajunik aannuraaqhimavaktut.

Paisikuqtuq Aannirnaittumik



**Paisikuqpaktut aannirnailrumi, apqutini
akhaluutigiangilrumi, iliharviup hilataanilu.**

Paisikuqtuq Aannirnaittumik



Paiksikaqattiqaqpaktut ilannaqarlutik ilangnigluunniit.