



BICYCLE SAFETY

School-Aged 5-12yo

Lesson Plan

Overview:

As children grow, they become more independent and begin to make their own decisions. To prepare children for safe, independent riding, they need to be educated on making the correct and safe choices, such as choosing the correct style of helmet, where to cross the road safely and understanding the safety components on their bike.

Curriculum Alignment:

Health and Physical Education V9.0

Sub-strand: Making healthy and safe choices

(AC9HP2P05) identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe

Learning intention:

Students will identify the most suitable helmet for different riding styles, which road crossings are safest and to recognise bicycle safety components that should be checked for safe riding.

Resource requirements:

For this activity, teachers will need to:

- Watch the bicycle safety video
- Access the bicycle safety fact sheet
- Supply art material; pencils, textas, crayons, scissors, glue etc.

Success Criteria:

By the end of this lesson, students should be able to;

- Identify the correct helmet for the riding activity
- Identify safe and unsafe road crossings
- Identify bicycle safety components



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Activity 1:

Different helmets are designed for specific riding activities and should only be used for their intended purpose. After watching the bicycle safety video and reviewing the fact sheet, give students the worksheets and ask them to match each type of helmet with the correct riding activity.

Activity 2:

When crossing a road, there are safe and unsafe ways to do so. After watching the bicycle safety video and reviewing the fact sheet, ask the students to identify which of the crossing images are deemed safe or unsafe and their reasons why.

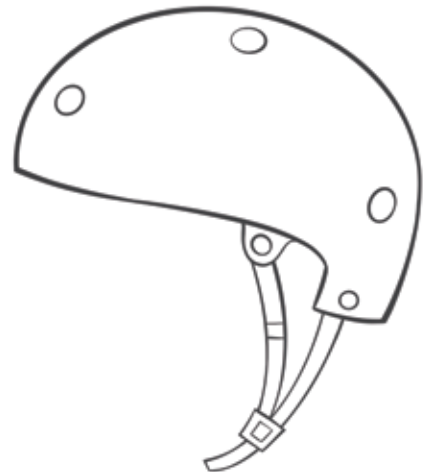
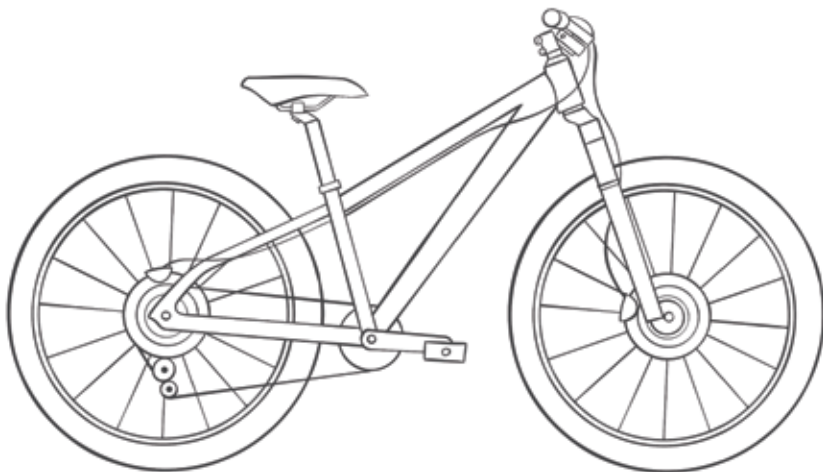
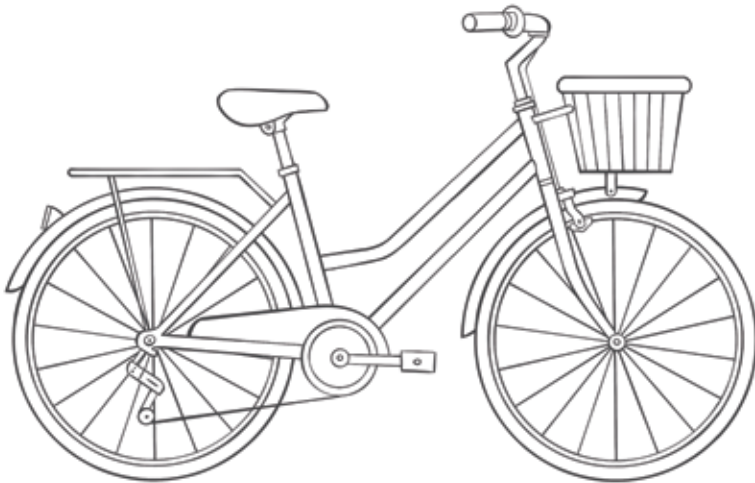
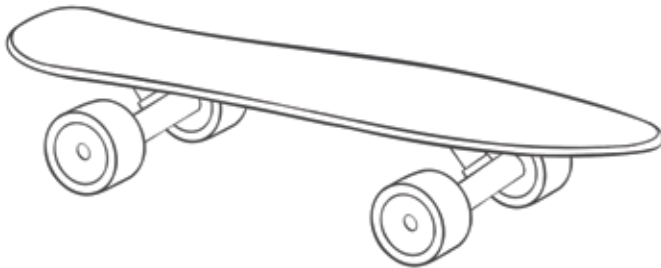
Activity 3:

Bicycles are made up of many components and should be checked prior to riding to ensure safety. After reviewing the fact sheet, ask the students to find all of the bicycle component words in the jumble.

There are different helmets suitable for different riding styles.



Colour in each of the illustrations and draw a line match the helmet with the wheeled device that it is suited to.



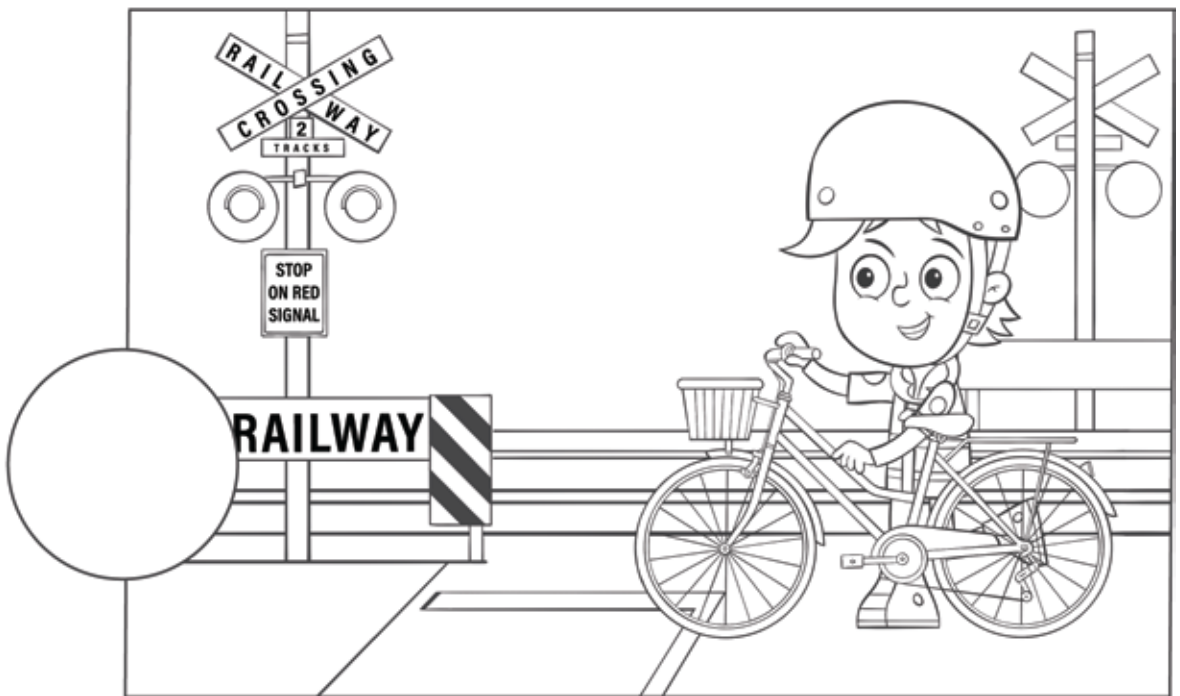
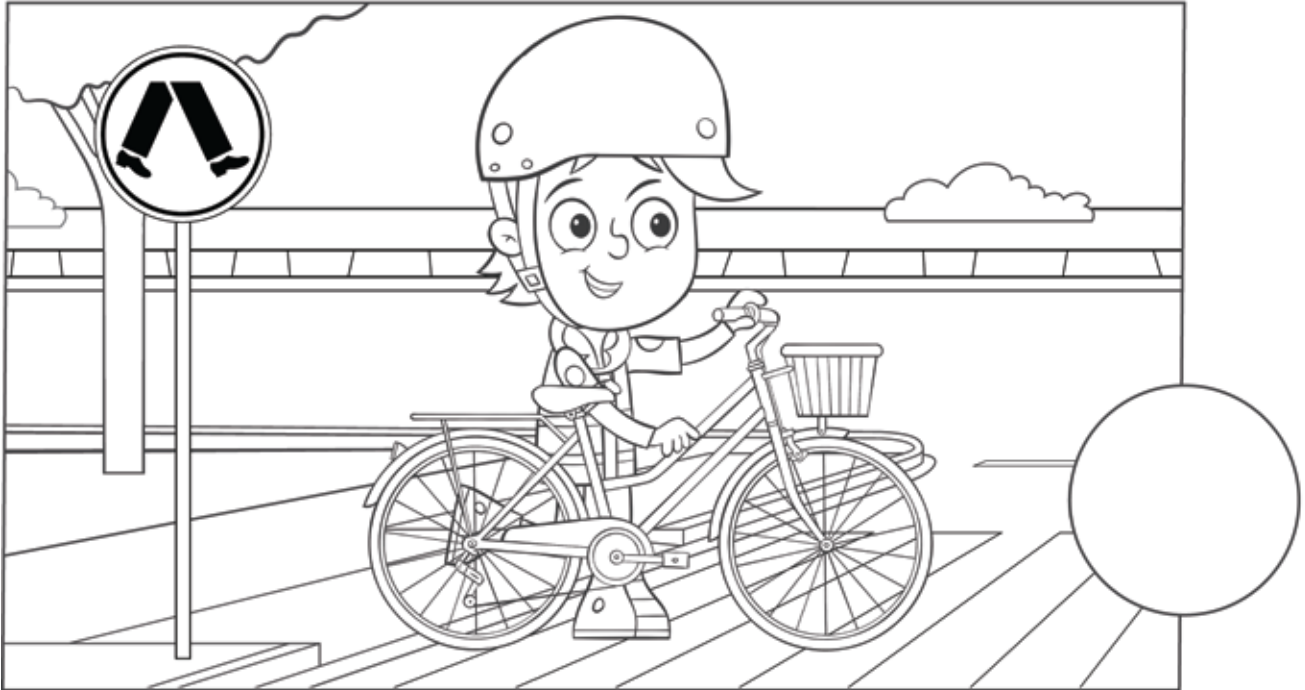
Ranger is going for a bike ride and needs to cross the road.

Can you help Ranger find a safe place to cross the road?



Mark on the picture with a **GREEN** tick a SAFE place to cross. 

Mark on the picture with **RED** cross an UNSAFE place to cross. 



There are 11 Bicycle-related safety words hidden in this word jumble!
Can you find them all?

C T Y R E S V U V S M F E Y G
V H A N D L E B A R I G Z M A
O R A Y O B B A I D B R X H F
X S R I O Y D A D E E I D I R
D S W E N U Q C T C L P R M B
U Y U G F D J M Y C L S P Z J
S P S V D L A L C M O X X G R
E P U U O S E A P E D A L S B
R J C Z E A P C Q S U T I K B
W X F J R S L D T Z Z Q Q X Z
J J W Q S O Z A B O G C R V S
J J C A M Z N Y X V R K B F E
P H M T Y K L I G H T S W D A
P X M S A H O R N T T G P F T
G Z S Q P B R A K E S T M J C

Reflectors

Handlebar

Brakes

Bell

Pedals

Lights

Chain

Horn

Tyres

Grips

Seat