



[KidsHealth.org/classroom](http://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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Bike riding is lots of fun and helps you get places on your own. But accidents can happen. Every year, 300,000 kids go to the hospital for bike injuries. The next time you hit the sidewalks or trails on your bike, make sure you know the rules of bike safety so you don't get hurt. The following discussion questions and activities will help your students learn about bike safety and how to stay injury free while bike riding.

## Related KidsHealth Links

### Articles for Kids:

#### **Bike Safety**

[KidsHealth.org/kid/watch/out/bike\\_safety.html](http://KidsHealth.org/kid/watch/out/bike_safety.html)

#### **Do You Know How to Be Street Smart?**

[KidsHealth.org/kid/watch/out/street\\_smart.html](http://KidsHealth.org/kid/watch/out/street_smart.html)

#### **Checking Out Cuts, Scratches, and Abrasions**

[KidsHealth.org/kid/ill\\_injure/aches/cuts.html](http://KidsHealth.org/kid/ill_injure/aches/cuts.html)

#### **Concussions**

[KidsHealth.org/kid/ill\\_injure/aches/concussion.html](http://KidsHealth.org/kid/ill_injure/aches/concussion.html)

## Discussion Questions

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

1. Why is it important to wear a helmet whenever you ride a bike? What could happen if you don't?
2. What is a concussion? What happens to your brain when you have a concussion?
3. How can you let other people on the road know that you're turning when you're riding a bike? What other signals can you use to stay safe?
4. Say you're riding your bike to a friend's house, and a car stops and the driver asks you directions. What should you do?
5. When are safe times to ride a bike? When are times when it's not so safe?
6. Where is the least safe place to ride a bike?



## Activities for Students

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

### Safe Spokes

#### Objectives:

Students will:

- Learn ways kids can stay safe while bike riding
- Identify safety tips from KidsHealth articles to create a bike safety checklist

#### Materials:

- Kids Health articles “Bike Safety,” “Do You Know How to Be Street Smart?” and “Concussions”
- Computer with Internet access
- “Safe Spokes” handouts
- Optional: Smartboard, overhead projector, whiteboard

#### Class Time:

- 1 hour

#### Activity:

Before you get on your bike and start cruising around, you have to know the most important ways to stay safe and avoid injuries. First, we’ll read the KidsHealth articles titled “Bike Safety,” “Do You Know How to Be Street Smart?” and “Concussions.” Then we’ll create a list of important things to remember when riding bikes. And then we’ll vote on the five most important things to remember and create personal reminders about the bicycling rules of the road. [Note to instructor: Use the “Safe Spokes” handout for teachers to brainstorm tips and list the top five tips, then students can fill out their own “Safe Spokes” handouts.]

#### Extensions:

1. Visit a local bike shop, hospital, or police station to have an expert make sure you’re wearing your helmet correctly. Or have an expert visit the class to discuss bike safety.
2. With parental permission, have students bring their bike helmets to school and decorate them with permanent markers and/or reflective stickers.



## Show of Hands

### Objectives:

Students will:

- Learn and practice hand signals for bicyclists

### Materials:

- “Show of Hands” handout
- Optional: Smartboard, overhead projector, whiteboard

### Class Time:

- 20 minutes

### Activity:

How can you let drivers know when you’re turning while you’re riding a bike? The best way is to use the proper hand signals. The three basic hand signals bikers need to know to be safe are: left turn, right turn, and stop. Today we’re going to practice using these hand signals. First we’ll look at the “Show of Hands” handout, and then we’ll play Simon Says as a class to practice the signals. [Note to instructor: Lead class by calling out “left turn,” “right turn” and “stop.”]

### Extensions:

1. Practice your bicycle hand signals the next time you get on your bike. If they’re too hard to do while you’re riding, just stop your bike, then signal.
2. When was the last time you used your hands to tell somebody something? Give examples of times you’ve used hand signals to share a message or communicate with people

## Reproducible Materials

### Handout for Teachers: Safe Spokes

[KidsHealth.org/classroom/3to5/personal/safety/bike\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/safety/bike_safety_handout1.pdf)

### Handout: Safe Spokes

[KidsHealth.org/classroom/3to5/personal/safety/bike\\_safety\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/personal/safety/bike_safety_handout2.pdf)

### Handout: Show of Hands

[KidsHealth.org/classroom/3to5/personal/safety/bike\\_safety\\_handout3.pdf](http://KidsHealth.org/classroom/3to5/personal/safety/bike_safety_handout3.pdf)

### Quiz: Bike Safety

[KidsHealth.org/classroom/3to5/personal/safety/bike\\_safety\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/personal/safety/bike_safety_quiz.pdf)

### Answer Key: Bike Safety

[KidsHealth.org/classroom/3to5/personal/safety/bike\\_safety\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/personal/safety/bike_safety_quiz_answers.pdf)



## Safe Spokes

Note to instructor: After reading the KidsHealth articles titled “Bike Safety,” “Do You Know How to Be Street Smart?” and “Concussions,” lead a discussion to brainstorm bicycling safety tips to remember (write them on the lines below using a smartboard or overhead projector, or on a whiteboard). Then help students vote on the five most important bike safety tips and write them within the bike spokes.

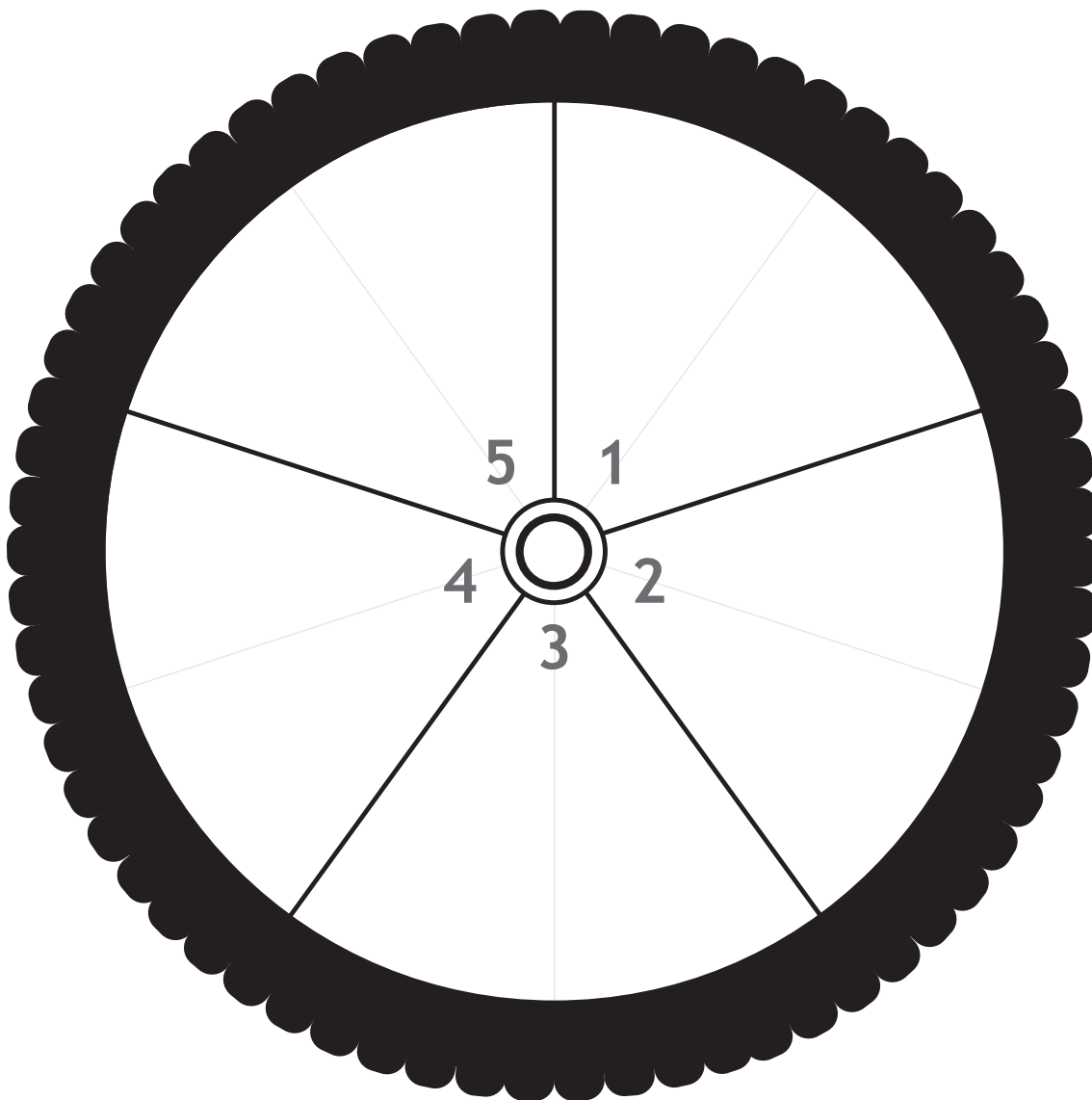
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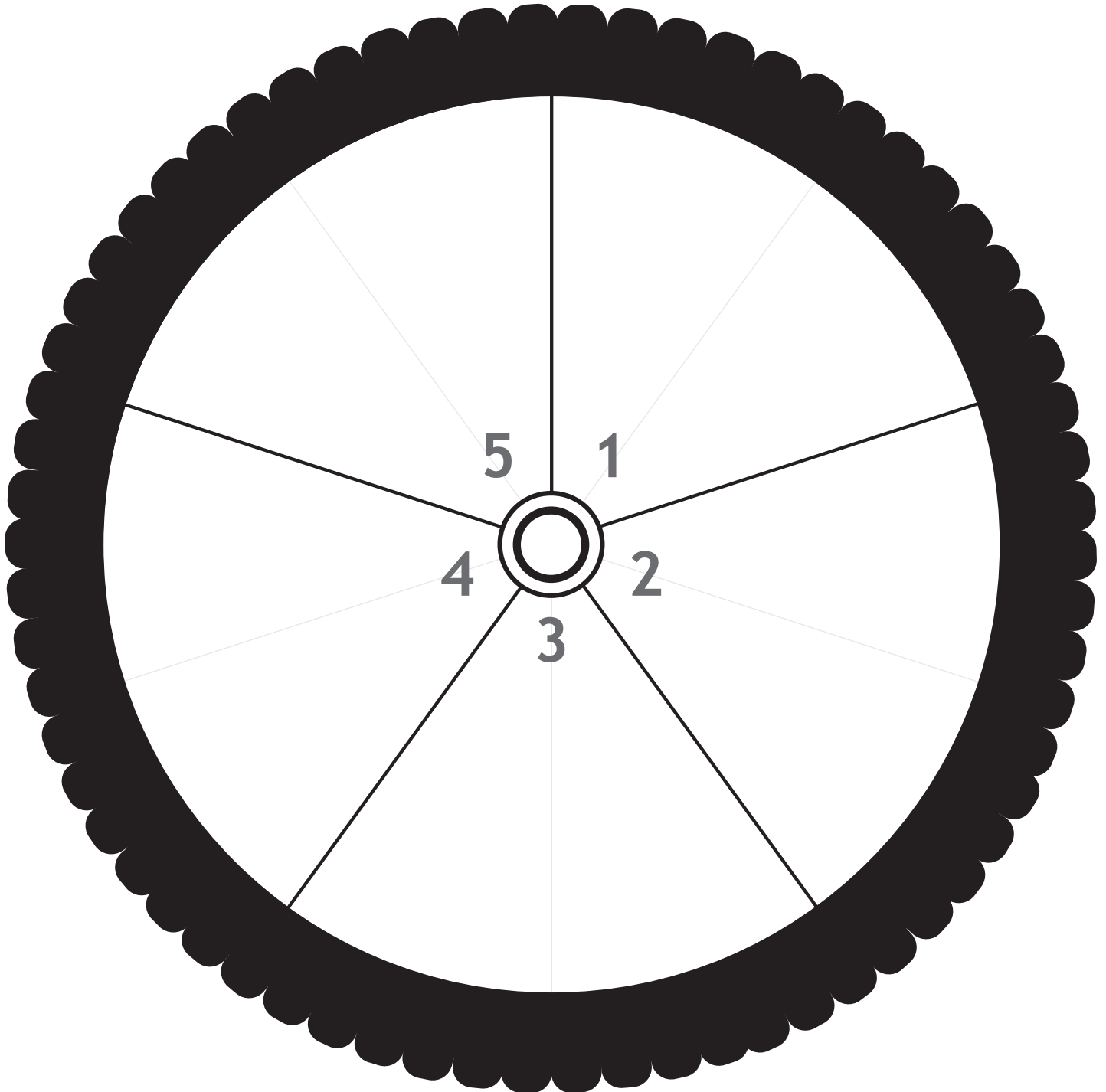


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Safe Spokes

The top five things I should remember when riding a bike:

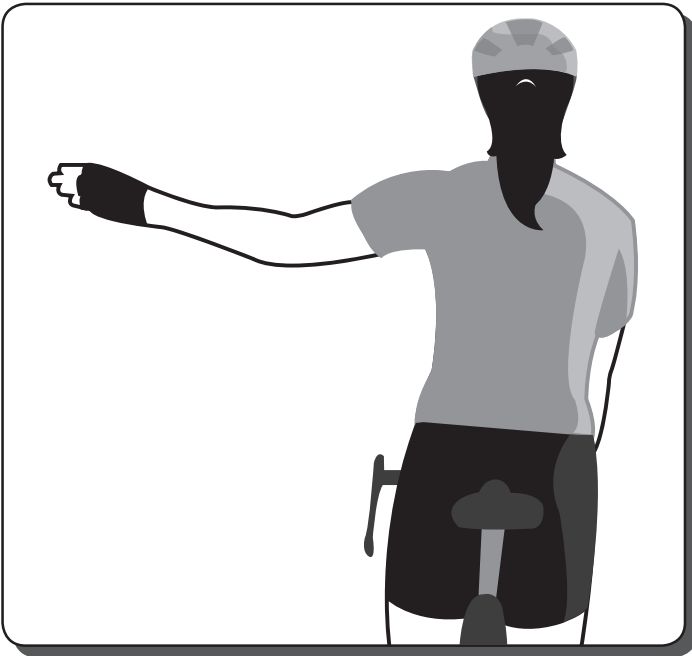




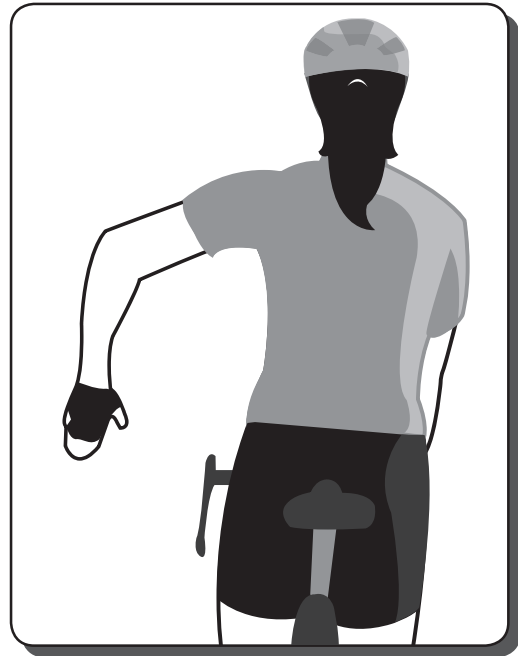
Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Show of Hands



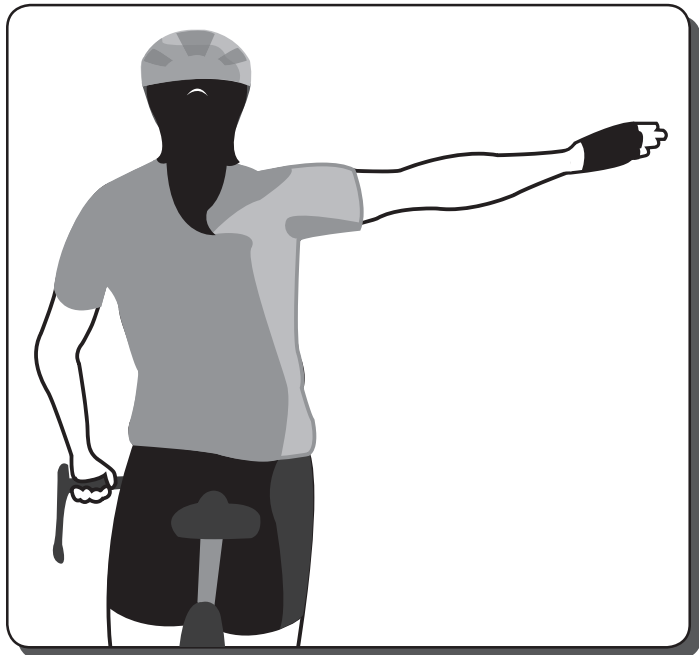
Left turn



Stop



Right turn



Also means right turn



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Circle the correct answer.

1. True or false: You should wear a bike helmet every time you ride a bike.
2. True or false: You should always ride the opposite direction as the traffic.
3. True or false: It's OK to wear sandals or flip-flops when you ride a bike.
4. True or false: Some bike injuries might be serious enough that kids need to go to a hospital.
5. True or false: Hand signals help keep you safe when you're riding a bike.

Fill in the blanks from the word bank below.

### WORD BANK

*strangers*

*concussion*

*sticker*

*stop signs*

*sidewalk*

6. A common brain injury kids can get when bike riding is called a \_\_\_\_\_.
7. Never talk to \_\_\_\_\_ when you're riding your bike (or any time).
8. Bike helmets should have the CPSC \_\_\_\_\_ to show that they're safe.
9. Children under age 10 should ride bikes on the \_\_\_\_\_.
10. Everyone should stop at all \_\_\_\_\_ and obey traffic laws when riding bikes.



## Quiz Answer Key

Circle the correct answer.

1.  True or  false: You should wear a bike helmet every time you ride a bike.
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