



SAMPLE LESSON PLANS

Grade 1 – Safety and Injury Prevention

Unit 5

SOLs:

- 1.2.I Explain ways to stay safe when riding a bicycle, in-line skating, riding a skateboard or scooter, and using other self-propelled vehicles
- 1.3.C Describe the importance of pedestrian safety, and identify ways to stay safe when crossing or playing near a street
- 1.3.D Explain ways to stay safe when riding in a bus and automobile
- 1.3.F Explain how protective gear reduces injuries.

Title: Injury Prevention on the Road

Objectives/ Goals: Students will be able to identify and describe safety practices related to walking, riding a bike, and riding in cars and buses

Materials:

- NHTSA Walkability Checklist
- KidsHealth.Org Bike Safety Teacher's Guide
- 4-H Safe Kids Pedestrian-Bike Safety Curriculum
- NHTSA Bicycle Safety Activity Kit
- Maryland Ped-Bike Safety Lessons K-5 Guide
- Videos: Bicycle Safer Journey and Pedestrian Safer Journey

Procedure:

- Play the USDOTFHWA Videos: *Bicycle Safer Journey* and *Pedestrian Safer Journey*
- Implement a bicycle and pedestrian safety lesson plan that emphasizes protective gear and includes student worksheets such as those included in the *KidsHealth.Org Bike Safety Teacher's Guide* or the; *Safe Kids 4-H Pedestrian-Bike Safety Curriculum*.
- Alternatively, implement Lessons 1-7 from 1st Grade Lessons on pages 43-80 of the *Maryland Pedestrian and Bicycle Safety Education Program* (each lesson is 30-60 minutes).

- Send home the *NHTSA Walkability Checklist* and encourage parents to take an outside walk with students to reinforce safety principles at home..

Assessment Ideas:

- Student completion of worksheets including those provided in the *NHTSA Bicycle Safety Activity Kit*.

References:

- NHTSA Walkability Checklist <http://www.nhtsa.gov/Driving-Safety/Pedestrians/Walkability-Checklist>
- Maryland DOT Pedestrian Safety Lessons for First Grade http://www.saferoutesinfo.org/sites/default/files/resources/ped-bike-safety_lessonsK-5_guide.pdf
- KidsHealth.Org Bike Safety Teacher's Guide https://classroom.kidshealth.org/classroom/prekto2/personal/safety/bike_safety.pdf
- 4-H Safe Kids Pedestrian-Bike Safety Curriculum <https://mecklenburg.ces.ncsu.edu/wp-content/uploads/2015/06/FINAL-4-H-Safe-Kids-Pedestrian-Bike-Safety-Safety-1K-Curriculum.pdf?fwd=no>
- NHTSA Bicycle Safety Activity Kit <http://www.nhtsa.gov/people/injury/pedbimot/bike/bskitboth/3152bskit/index.htm>

Videos

- USDOTFHWA Bicycle Safer Journey <https://www.youtube.com/watch?v=dkoVxBnnGko>
- USDOTFHWA Pedestrian Safer Journey <https://www.youtube.com/watch?v=PzghGxEqBMQ>