



## SAMPLE LESSON PLANS

# Health Smart Virginia - Sample Lesson Plan

## Grade 7 – Safety and Injury Prevention

### Unit 2

#### **SOLs:**

- 7.1m Recognize harmful and risky behaviors.
- 7.2o Describe how peers influence healthy and unhealthy behaviors.

#### **Title: Safe Riding: Following the Rules of the Road**

#### **Objectives/ Goals:**

- The student recognizes that not following the rules of the road, is not safe. (7.1m)
- The student describes how peers influence each other to practice healthy bicycle safety behaviors such as following the rules of the road. (7.2o)

#### **Materials:**

- L7.1F Red, Yellow, Green circles
- L7.2F Rules of the Road
- L7.3F Prompt
- Poster of hand signals
- Poster of rules of the road

#### **Procedure:**

Lesson opening

1. Captivate student interest by having a bicycle in the classroom and wearing a bicycle helmet, reflective gear, and biking gloves, as students enter the classroom.
2. Introduce the lesson by having pictures or showing slides of the rules of the road.

#### During the lesson

3. Rules of the Road Pre-test. Use the Green circle to answer true, the yellow circle if you are not sure, and the red circle to answer false.
  - a. T F Right on the left side of the street, against traffic, so you can see who is driving toward you. (F-right side of the road)
  - b. T F It is OK to ride your bike on the sidewalk all the time. (F-Use bike lanes or designated bike routes, when available)
  - c. T F Always stop and check for cars in both directions when entering the street. (T)
  - d. T F Once on the road, keep looking straight ahead, not at traffic on the left or right. (F-Watch traffic carefully for cars making turns or cars entering the street from their driveway or parking space.)
  - e. T F Do not ride close to parked cars in case the driver opens the door to exit. (T)
  - f. T F Obey all traffic signs, including STOP signs and traffic lights. (T)
  - g. T F Ride across the street in the crosswalk. (F-Walk the bike across the street in the cross walk.)
  - h. T F If riding with a group, ride side by side so traffic can see the group better. (F-Ride single file)
  - i. T F When riding at night, make sure your bike has reflectors and a battery operated head light.
  - j. T F Don't wear head phones while riding. You can't hear the traffic.
  - k. T F Use your left arm for all hand signals. (T)
  - l. T F The hand signal for a right turn is pointing to the right. (F-Using your left arm, bend it at the elbow to make a right angle.)
  - m. T F The hand signal for a left turn is pointing to the left. (T)
  - n. T F The hand signal for stop is bending your left arm down at a right angle. (T)
4. Rules of the road NHTA's Bike Safe, Bike Smart (9.11 minutes):  
<https://www.bing.com/videos/search?q=bicycle+rules+of+the+road+video+for+teens&view=detail&mid=95A45568E21555BFB80895A45568E21555BFB808&FORM=VIRE>
  - a. Always ride on the **right** side of the street in the same direction as the traffic. Never ride against traffic.
  - b. Try to use bike lanes or designated bike routes whenever you can. In some places, it's illegal to ride on the sidewalk.
  - c. Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb. Some people in cars just don't see cyclists.
  - d. Watch traffic closely for turning cars or cars pulling out of driveways.
  - e. Don't ride too closely to parked cars — doors can open suddenly!

- f. Stop at all stop signs and obey red lights just as cars do. Take special care at intersections. It's a good idea to walk your bike across busy intersections using the crosswalk and following traffic signals.
- g. If you're cycling with friends, ride single file.
- h. If you ride when it's dark, be sure to have reflectors on your bike and a battery-operated headlight.
- i. Don't wear headphones while biking — you need to hear what's going on around you.
- j. Never change direction or change lanes without first looking behind you and using the correct hand signals. That way everyone knows where you're going. Use your **left** arm for all hand signals. To indicate you're making a **left turn**, hold your arm straight out to the left; to indicate a **right turn**, bend your elbow, holding your arm up in an "L" shape; and **before you stop**, bend your elbow, pointing your arm downward in an upside down "L" shape.



<http://kidshealth.org/en/teens/bike-safety.html?WT.ac=ctg#catsafebasics>

#### 5. Practice prompt

Jeremy and Jack ride to school to build up their endurance for soccer tryouts. Jacqui and Judy also ride their bikes because they are trying out for cheerleading and need to get into condition.

The boys follow the rules of the road but the girls don't. Jeremy and Jack noticed the girls ride on the wrong side of the street, don't follow the traffic rules, and don't give hand signals! They know it is dangerous not to follow the rules and they want to help the girls learn how to be safe.

All four belong to the student council and are participating in the Spring into a Safe Summer program.

They have an idea! The boys suggest they put on a skit about following the rules of the road.

Your challenge is to help Jeremy, Jack, Jacqui, and Judy put on a role play about Bicycle Safety.

1. Role play a conversation between peers about how to follow the bicycle rules of the road.
2. Play the "Freeze" game where students move to music and when called to "Freeze" they freeze with a hand signal. The other students guess which hand signal is being "Frozen."

6. Formatively assess as the students practice their role plays and "Freeze."

Lesson closing

7. Five minutes before the class is over, direct the students to put all their materials away. When accomplished ask them the lesson review questions.
  - a. Why do we need to know how to follow the bicycle rules of the road? (7.1m)
  - b. Describe how peers can positively influence another peer? (7.2o)
  - c. Replay the Pre-test to determine if the students learned content and skill.

### Assessments

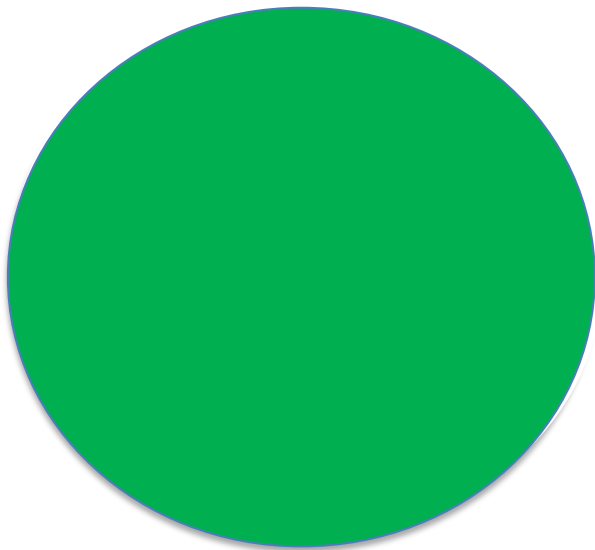
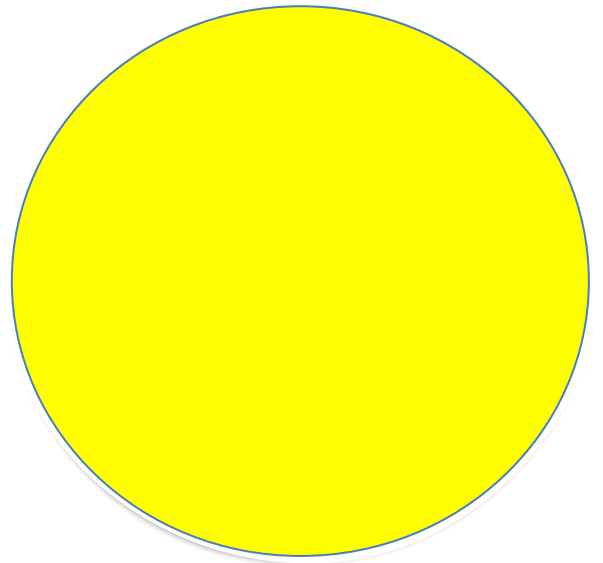
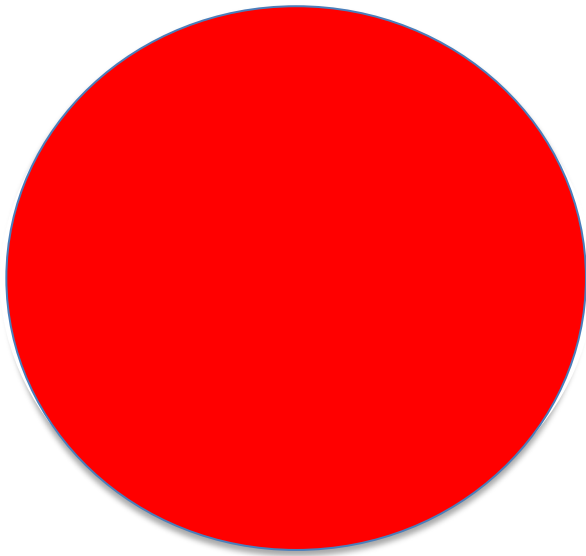
- Formative: Role play demonstrating knowledge of the rules of the road.
- Formative: "Freeze" and recognize the hand signals for making a turn on a bicycle.

### References:

- KidsHealth: <http://kidshealth.org/en/teens/bike-safety.html?WT.ac=ctg#catsafebasics>
- Rules of the road NHTA's Bike Safe, Bike Smart (9.11 minutes): <https://www.bing.com/videos/search?q=bicycle+rules+of+the+road+video+for+teens&view=detail&mid=95A45568E21555BFB80895A45568E21555BFB808&FORM=VIRE>

**Source:** Mary Connolly

**Red, Yellow, Green Circles**



## Rules of the Road

1. Always ride on the **right** side of the street in the same direction as the traffic. Never ride against traffic.
2. Try to use bike lanes or designated bike routes whenever you can. In some places, it's illegal to ride on the sidewalk.
3. Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb. Some people in cars just don't see cyclists.
4. Watch traffic closely for turning cars or cars pulling out of driveways.
5. Don't ride too closely to parked cars — doors can open suddenly!
6. Stop at all stop signs and obey red lights just as cars do. Take special care at intersections. It's a good idea to walk your bike across busy intersections using the crosswalk and following traffic signals.
7. If you're cycling with friends, ride single file.
8. If you ride when it's dark, be sure to have reflectors on your bike and a battery-operated headlight.
9. Don't wear headphones while biking — you need to hear what's going on around you.
10. Never change direction or change lanes without first looking behind you and using the correct hand signals. Use your **left** arm for all hand signals. To indicate you're making a **left turn**, hold your arm straight out to the left; to indicate a **right turn**, bend your elbow, holding your arm up in an "L" shape; and **before you stop**, bend your elbow, pointing your arm downward in an upside down "L" shape.



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## Prompt



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Jeremy and Jack ride to school to build up their endurance for soccer tryouts. Jaqui and Judy also ride their bikes because they are trying out for cheerleading and need to get into condition.

The boys follow the rules of the road but the girls don't. Jeremy and Jack noticed the girls ride on the wrong side of the street, don't follow the traffic rules, and don't give hand signals! They know it is dangerous not to follow the rules and they want to help the girls learn how to be safe.

All four belong to the student council and are participating in the Spring into a Safe Summer program.

They have an idea! The boys suggest they put on a skit about following the rules of the road.

Your challenge is to help Jeremy and Jack put on a role play about Bicycle Safety.

1. Using the Rules of the Road handout, role play a conversation between peers about how to follow the bicycle rules of the road.
2. Using the Rules of the Road handout, play the "Freeze" game where students move to music and when called to "Freeze" they freeze with a hand signal. The other students guess which hand signal is being "Frozen."