



## Grade 7 Sample Lesson Plan: Safe Riding: Using a Bicycle Helmet

### SOLs

- Recognize harmful and risky behaviors.
- Describe how peers influence healthy and unhealthy behaviors.

### Objectives/Goals

- The student recognizes that not wearing a helmet or following the rules of the road, is not safe.
- The student describes how peers influence each other to practice healthy bicycle safety behaviors.

### Materials

- Bicycle helmets
- Pictures or slides of different styles of helmets
- Poster of hand signals
- Poster of rules of the road
- Handouts:
  - A picture of improperly fitting bicycle helmets
  - Prompt
  - Fitting your Bike Helmet
  - Formative Assessment: Red, Yellow, Green rectangles
  - Properly Fitting a Helmet-Self Check

### Procedure

Lesson opening

1. Captivate student interest by wearing a bicycle helmet as students enter the classroom and have a bicycle in the classroom.
2. Introduce the lesson by having pictures or showing slides of a variety of bicycle helmets and having posters that demonstrate the rules of the road and hand signals.

During the lesson

3. Provide the data below to establish why the lesson is needed:

<https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=B&OUT=0&SID=MS&QID=M6&LID=LL&YID=RY&LID2=&YID2>

[=&COL=&ROW1=&ROW2=&HT=&LCT=&FS=&FR=&FG=&FA=&FI=&FP=&FSL=&FRL=&FGL=&FAL=&FIL=&FPL=&PV=&TST=&C1=&C2=&QP=&DP=&VA=CI&CS=Y&SYID=&EYID=&SC=&SO=](#)

The below chart shows a table with data indicating the total middle school students who rarely or never wore a bicycle helmet, the female middle school students who rarely or never wore a bicycle helmet and the male middle school students who rarely or never wore a bicycle helmet.

Middle School Youth Risk Behavior Survey, 2017			
Rarely Or Never Wore A Bicycle Helmet (among students who had ridden a bicycle)			
Location	Total	Female	Male
Virginia	59.4 (54.3–64.2) 2,047	57.0 (51.4–62.4) 1,004	61.7 (56.2–67.0) 1,034

- a. Children (5-14 years) and adolescents (15-19 years) have the highest rates of nonfatal bicycle-related injuries, accounting for more than one-third of all bicycle-related injuries seen in U.S. emergency departments.<sup>3</sup>  
<https://www.cdc.gov/motorvehiclesafety/bicycle/index.html>
  - b. Bicycle helmets reduce the risk of head and brain injuries in the event of a crash.<sup>5</sup> All bicyclists, regardless of age, can help protect themselves by wearing properly fitted bicycle helmets every time they ride.  
<https://www.cdc.gov/motorvehiclesafety/bicycle/index.html>
4. Show pictures of improperly fitting helmets and ask the students if it looks like the helmet fits properly. Ask why the helmet fits incorrectly.
5. Show the steps of properly fitting a bicycle helmet.
- a. Fitting your Bike Helmet
  - b. National Safety Transportation Association (9.03 minutes):  
<https://www.bing.com/videos/search?q=bicycle+rules+of+the+road+video+for+teens&&view=detail&mid=FA1D36E5E4F1D98E6E0FFA1D36E5E4F1D98E6>

[E0F&rvsmid=95A45568E21555BFB80895A45568E21555BFB808&FORM=VDQVAP](https://www.youtube.com/watch?v=0yzSwxWIJTk)

c. Additional option: You Tube video:

<https://www.youtube.com/watch?v=0yzSwxWIJTk>

6. Practice prompt

Jeremy and Jack have been best friends since 6<sup>th</sup> grade. Both boys want to try out for the soccer team but know they need to increase their endurance, so they decided that they would bike to and from school to get ready for the soccer team tryouts.

Jeremy has a “cool” helmet and always follows the rules of the road. His parents have taught him how to be safe when biking. Jack doesn’t wear a helmet or when he does, he wears it on the back of the head and sometimes doesn’t click the strap.

Jack rode to Jeremy’s house to show him his bike. His helmet was clipped to the handle bars. Jeremy asked about his helmet and Jack told him he didn’t plan on wearing it because it was uncomfortable. Jeremy reminded Jack of the boy in their class that had a brain injury because he had a bike accident and didn’t wear a helmet. Jack wasn’t convinced and told Jeremy he would be careful.

Knowing how his parents felt about bicycle safety, Jeremy told Jack he couldn’t ride with him if he didn’t wear his helmet. He offered to try and fit his helmet so it would keep him safe and be comfortable.

Your challenge is to help Jeremy properly fit Jack’s helmet so they can ride to school.

1. Use the step by step directions to properly fit the helmet. Check off progress on the **self-check**.
2. If you need help, place your yellow card on your desk. If you understand what to do, place the green card on the desk. If you don’t know what to do, place the red card on the desk. (**Red, Yellow, Green cards**)

7. Formatively assess as the students practice properly fitting a helmet. Lesson Closing

8. 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 properly fit a bicycle helmet? (7.1m)
  - b. Describe how peers can positively influence another peer? (7.2o)
  - c. What is the first step in fitting a helmet?
  - d. What is the second step in fitting a helmet?
  - e. What is the third step in fitting a helmet?
  - f. What is the fourth step in fitting a helmet?
  - g. What is the fifth step in fitting a helmet?
  - h. What is the sixth step in fitting a helmet?

### Assessment Idea

- Properly fitting a bicycle helmet
- Completing the self-check

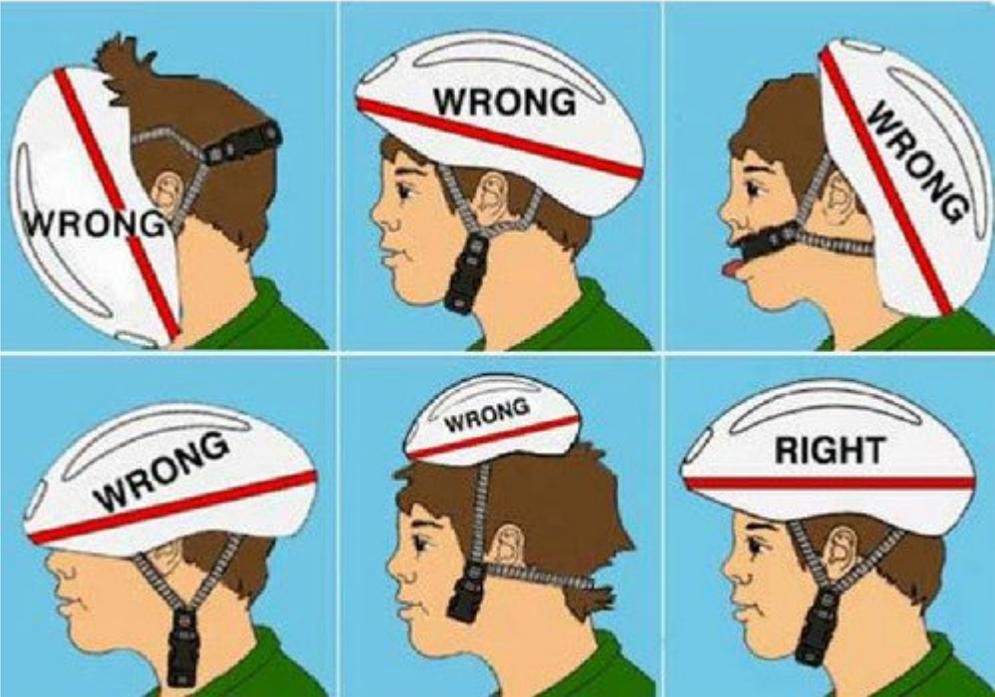
### References

- CDC YRBS  
<https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=B&OUT=0&SID=MS&QID=M6&LID=LL&YID=RY&LID2=&YID2=&COL=&ROW1=&ROW2=&HT=&LCT=&FS=&FR=&FG=&FA=&FI=&FP=&FSL=&FRL=&FGL=&FAL=&FIL=&FPL=&PV=&TST=&C1=&C2=&QP=&DP=&VA=CI&CS=Y&SYID=&E YID=&SC=&SO=>
- CDC Motor Vehicle Safety data  
<https://www.cdc.gov/motorvehiclesafety/bicycle/index.html>
- You Tube on how to properly fit a helmet:  
<https://www.youtube.com/watch?v=0yzSwxWIJTk>

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

**Improperly fitting bicycle helmets**





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## Prompt

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# Fitting Your Bike Helmet

Buy it. Fit it. Wear it.  
**EVERY RIDE!**

## The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: [www.bhsi.org/](http://www.bhsi.org/).

### STEP 1

#### Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

### STEP 2



#### Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

### STEP 5



#### Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

### STEP 3



#### Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

### STEP 6



#### Final Fitting:

**A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

### STEP 4



#### Buckles:

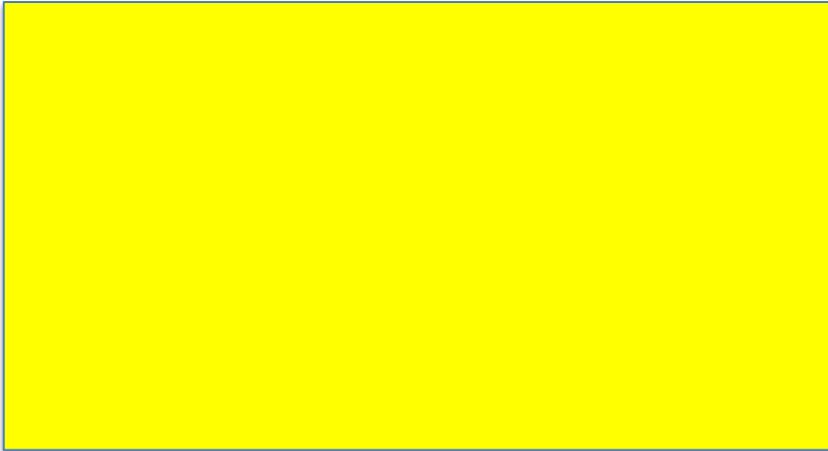
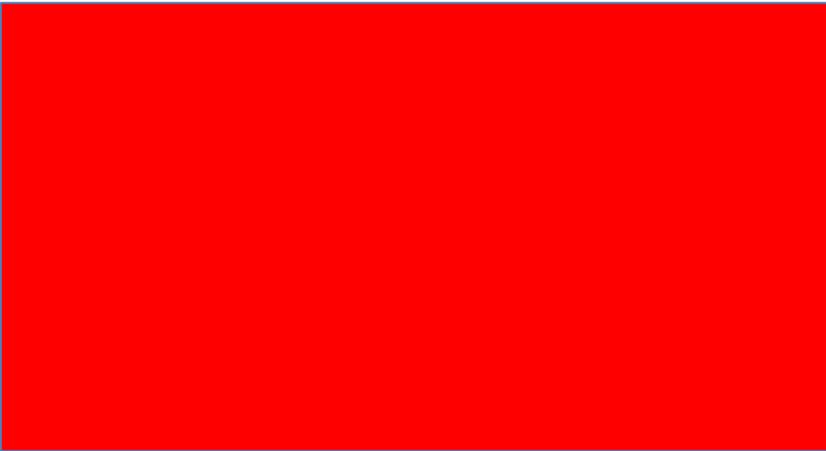
Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

**B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.

**C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.

**D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

**Red, Yellow, Green Formative Assessment Cards**





## Properly Fitting a Helmet Self Check

Step	Complete	Working on it	Not even close!
<b>Step 1-Size:</b> Adjust until the helmet is snug.			
<b>Step 2-Position:</b> One or two finger widths above the eyebrow.			
<b>Step 3-Side straps:</b> Straps form a V slightly in front of the ears.			
<b>Step 4-Buckles:</b> Center the buckle under the chin.			
<b>Step 5-Chin Strap:</b> No more than one or two fingers fit under the strap.			
<b>Step 6-Final fitting</b>			
1. Does your helmet fit right? Yawn. Is the helmet snug? If not, readjust.			
2. Does the helmet rock back more than 2 fingers from the eyebrow? If it does, shorten the strap and try again.			
3. Does the helmet rock forward into your eyes? If it does, shorten the strap and try again.			
4. Roll the rubber band down to the buckle. All four straps must go through the rubber band.			