



## SAFE ROUTES TO SCHOOLS **CURRICULUM**

# UNIT/LESSON DESCRIPTIONS

### 2nd Grade: PEDESTRIAN SAFETY UNIT

In second grade Safe Routes to Schools teaches safe walking with an emphasis on crossing the street.

#### **STOP LOOK AND LISTEN**

Stop, Look, and Listen uses a crowd pleasing DVD hosted by Asimo, a real robot, to cover the basics of stopping and looking. With time remaining role-play and Simon-Says allows the class to practice before crossing an actual road in the second lesson.

#### **WALK AROUND THE BLOCK**

Walk Around the Block takes the class to a nearby street. After a quick review, students practice crossing the road themselves, with adult supervision. The walk also highlights features around the school such as cross-walks and walking paths.

### 4th Grade: BICYCLE SAFETY UNIT

In fourth grade Safe Routes to Schools teaches bicycle safety in three lessons. The lessons cover benefits of biking, how to check and fit both a bike and helmet, and teaches how to stay safe when riding in traffic. The unit culminates in a bicycle rodeo giving students the opportunity to practice the skills learned in the classroom.

#### **BICYCLE SAFETY**

Bicycle Safety begins with an introduction to the health benefits of cycling. Students learn key phrases for safety that help them to avoid solo bike crashes. A safety check and fit is demonstrated for both helmets and bikes. Then students get active to experience proper bike and helmet-fit first hand. Time allowing, a demonstration shows how car trips contribute to air pollution and students role-play traffic congestion.

#### **TRAFFIC SAFETY**

Traffic Safety expands on safely riding in traffic through a focus on traffic laws. Settling around a realistic model street, the instructor reenacts common car/bike crashes. Finally, students negotiate mock intersections as practice for the Bike Rodeo. With extra time students list traffic laws, and compete in a pump race or quick-draw showdown.

#### **BICYCLE RODEO**

The Bicycle Rodeo is comprised of four courses which combine to cover key points from the previous lessons and addresses basic biking skills. Stations include starting/stopping, obstacles, negotiating traffic, and obeying laws on a street course. Our rodeo is designed to accommodate varying skill and confidence levels.

### 6th Grade: ADVANCED BICYCLE SAFETY UNIT

Safe Routes to Schools offers two 6th grade bicycle safety lessons. **The Drive That Bike** presentation engages students with current images and video regarding the “why and how” of biking. The second lesson gets students on the bike to ride our traffic and obstacle courses.

These lessons can be followed up by an optional field trip to give the students a real life experience of “driving” their bikes under adult supervision.

#### **DRIVE THAT BIKE**

Drive that Bike Presentation covers the “why and how” of bike commuting with modern images and video. After a brief look at world-wide cycling movements, we return home to highlight the features of a safe and smart bike commute to your school. A final quiz regarding California vehicle-code drives home the point that bikes must follow the same laws as cars.

#### **OUTDOOR BIKE DRILLS**

Students get on the bikes during the Outdoor Bike Drills. After a safety check of the bikes and helmets, we cover the basics of biking to get everyone up to speed. The riders are then challenged to negotiate a 4-way intersection and an obstacle course. Designed to accommodate varying skill and confidence levels, this lesson is equal parts fun and skill building.

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