

Grade Level

2, 3, 4, 5, 6, 7

Description: Riding a bike is a privilege that almost everyone has the chance to experience once in a lifetime. Bike riding can be very enjoyable, but it can also be dangerous if it not rode the proper way. This lesson will allow the students to ride through a bicycle obstacle course, teaching them about bike safety, riding tips, and traffic signs.

Goal: Students will learn bike safety rules, the importance of following them, proper bike riding procedures, and they will become familiar with common traffic signs.

Objectives:

- Using the instructions and information given in class, the students will be able to compete the obstacle course in under ten minutes, following all of the rules, obeying all of the traffic signs, and demonstrating proper bike riding.
- Using the knowledge taught in class, the students will be able to respond correctly to any dilemma that may occur while riding through the obstacle course.

Background Information: This activity may be used with students of all levels and bike riding experience. This lesson will teach the students about proper bike riding procedures, bike safety, and traffic signs.

Concepts:

Students will be able to:

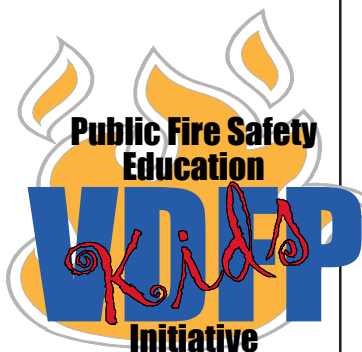
- Relate the importance of following bike safety rules to having fun while bike riding.
- Identify reasons and understanding for bike safety.

Materials:

- cones
- road blocks
- traffic signs/ stop lights
- flags
- pretend pedestrians/ bikers

Procedure:

1. Make sure all of the students are physically capable of riding a bike. If there are any complications, make sure they are resolved before you continue.
2. Teach and demonstrate the proper way to ride a bike and go over rules and safety tips.
3. Teach the students the meanings and responses to common traffic signs that they may need to know for riding a bike.
4. Make sure that the obstacle course is set up and ready. Some good places for a course may be a parking lot, a hard top playground, or a dead end street. Of course, all would be blocked from other traffic. Make sure that all of the students are equipped with bikes, helmets, and pads. If everyone is not equipped, they can share or use extras.



5. Have all the students line up on their bikes at the starting line, you will send one student at a time through with a five minute delay between each student.
6. While waiting or when finished, the students may watch and observe the other students that are going through the obstacle course.

Assessment:

1. Ask the students how hard it was for them to follow the bike safety rules.
2. Ask the students if it was easy for them to follow and obey the traffic signs.
3. Ask the students how difficult it was for them to finish the obstacle course in ten minutes or less.

