



Photo Credit: Three Rivers Public Health Development

## Related KidsHealth Links:

### Articles for Kids:

#### **Bike Safety**

[KidsHealth.org/en/kids/bike-safety.html](http://KidsHealth.org/en/kids/bike-safety.html)

#### **Do You Know How to Be Street Smart?**

[KidsHealth.org/en/kids/street-smart.html](http://KidsHealth.org/en/kids/street-smart.html)

#### **Checking Out Cuts, Scratches, and Abrasions**

[KidsHealth.org/en/kids/cuts.html](http://KidsHealth.org/en/kids/cuts.html)

#### **Concussions**

[KidsHealth.org/en/kids/concussion.html](http://KidsHealth.org/en/kids/concussion.html)

### Articles for Teens:

#### **Bike Safety**

[TeensHealth.org/en/teens/bike-safety.html](http://TeensHealth.org/en/teens/bike-safety.html)

#### **Texting on the Move**

[TeensHealth.org/en/teens/texting.html](http://TeensHealth.org/en/teens/texting.html)

#### **Dealing With Falls**

[TeensHealth.org/en/teens/falls-sheet.html](http://TeensHealth.org/en/teens/falls-sheet.html)

#### **Concussions minisite**

[TeensHealth.org/en/teens/center/concussions-ctr.html](http://TeensHealth.org/en/teens/center/concussions-ctr.html)

### Resources for educators:

#### **Concussions Special Needs Factsheet**

[KidsHealth.org/en/parents/concussions-factsheet.html](http://KidsHealth.org/en/parents/concussions-factsheet.html)

#### **Concussions: What Parents and Coaches Say**

[KidsHealth.org/en/parents/concussion-survey.html](http://KidsHealth.org/en/parents/concussion-survey.html)

Before your students pedal to a friend's house, school, or the local pizzeria, they should know how to follow the rules of the road for bikers and wear helmets. These activities will help your students learn about bike safety and how to stay injury-free while riding bikes.

## Standards:

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

# Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

## My Bike Tag

### Objectives:

#### Students will:

- Design a tag with bike safety tips

#### Materials:

- KidsHealth.org articles
- Computer with Internet access
- “My Bike Tag” handout
- Permanent markers

#### Class Time:

- 1 hour



### Activity:

After reading the KidsHealth.org articles about bike safety, we’re going to design small tags that can be attached to bikes to give important safety reminders. Tags should list the top five things bike riders need to do to stay safe. Use strong, clear words such as “always” and “never” to show the importance of the tips. Be sure to include a rule for wearing helmets as well as safety tips for riding and for signaling to others on the road.

### Extensions:

1. Laminate bike tags and have your students give them to students in younger grades, after giving the younger students a presentation on bike safety.
2. With parental permission, have students bring their bike helmets to school and decorate them with permanent markers, nail polish, and/or reflective stickers. Show students how to be sure their helmets fit snugly, don’t tilt backward or forward, and have CPSC stickers.



# Safety Dance

## Objectives:

Students will:

- Demonstrate bicyclists' hand signals
- Create a dance video that incorporates bike hand signals and bike safety rules

## Materials:

- KidsHealth.org bike safety articles, "Safety Dance" handout
- Computer with Internet access
- CD player and CD of popular, age-appropriate music
- Video camera
- Optional: Bike helmets and bike-safe clothes, including closed-toe shoes

## Class Time:

- 1 hour

## Activity:

In groups of four, we're going to create brief music videos that include lyrics on bike safety, hand signals, and dancing. First, we'll check out the KidsHealth.org articles related to bike safety to collect facts for the video. Then we'll choose or make some background music and write lyrics and some dance moves that show hand signals and bike safety rules.

## Extensions:

1. Have a class contest and vote for the best video. Highlight the winning video during the next school-wide assembly.
2. Using the video, present bike safety information to an elementary school class.
3. Have a local police officer visit the class to present information on bike theft prevention.

## Reproducible Materials

### Handout: My Bike Tag

KidsHealth.org/classroom/6to8/personal/safety/bike\_safety\_handout1.pdf

### Handout: Safety Dance

KidsHealth.org/classroom/6to8/personal/safety/bike\_safety\_handout2.pdf

### Quiz: Bike Safety

KidsHealth.org/classroom/6to8/personal/safety/bike\_safety\_quiz.pdf

### Answer Key: Bike Safety

KidsHealth.org/classroom/6to8/personal/safety/bike\_safety\_quiz\_answers.pdf

For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).



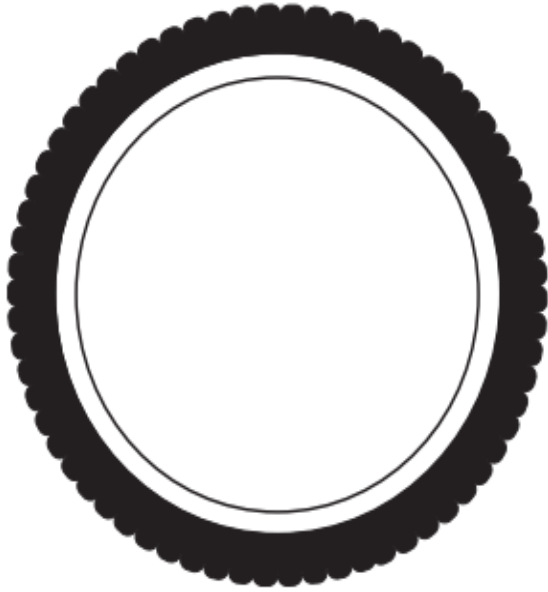
This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).

Name:

Date:

## My Bike Tag

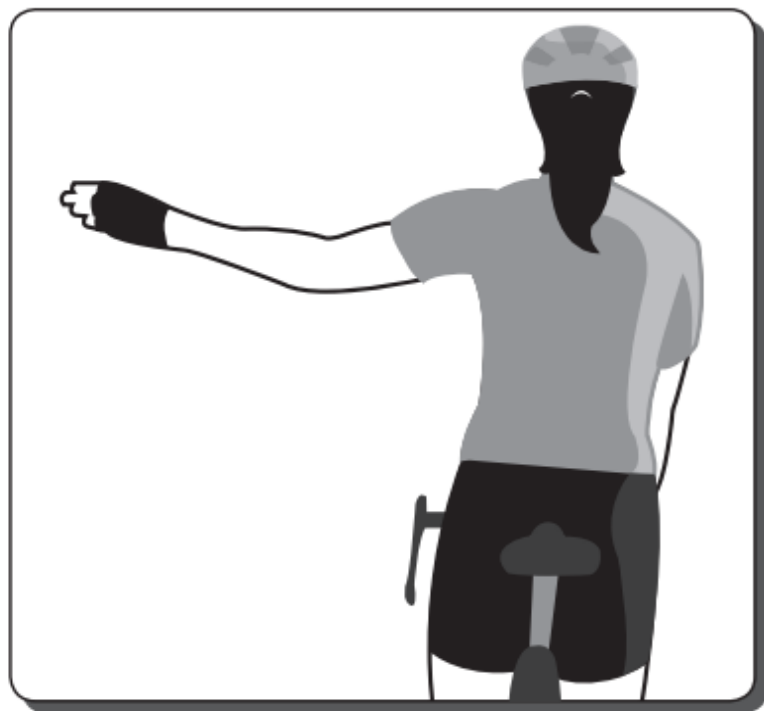
Instructions: Read the KidsHealth.org articles on bike safety. Then create a bike tag that includes five safety tips for bicyclists.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Safety Dance



Left turn



Stop



Right turn



Also means right turn

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Using the words below, fill in the blanks.

### WORD BANK

<i>bright</i>	<i>helmets</i>	<i>road</i>	<i>CPSC</i>	<i>injuries</i>
<i>stop signs</i>	<i>direction</i>	<i>laws</i>	<i>sneakers</i>	<i>exercise</i>
<i>music</i>	<i>text</i>	<i>hand signals</i>	<i>right</i>	<i>tightly</i>

Biking is great for getting around, and it's also great \_\_\_\_\_.

But bike \_\_\_\_\_ are common, so it's important to follow the rules of the \_\_\_\_\_ and bike \_\_\_\_\_ set by your community. Smart kids and teens wear \_\_\_\_\_ whenever they ride bikes. A bike helmet should fit \_\_\_\_\_ and should not be tilted. When you buy a bike helmet, you should make sure it has a \_\_\_\_\_ sticker.

Everyone should wear \_\_\_\_\_ clothes and \_\_\_\_\_ when they ride bicycles.

Bike riders should stay on the \_\_\_\_\_ side of the road and go the same \_\_\_\_\_ as traffic. Bike riders also need to stop at all \_\_\_\_\_ and obey traffic laws. Bike riders should use the correct \_\_\_\_\_ and never change directions or lanes without looking behind themselves.

Smart kids and teens never \_\_\_\_\_ or listen to \_\_\_\_\_ while they're riding bikes so they don't get distracted.



## Quiz Answer Key

Using the words below, fill in the blanks.

### WORD BANK

<i>bright</i>	<i>helmets</i>	<i>road</i>	<i>CPSC</i>	<i>injuries</i>
<i>stop signs</i>	<i>direction</i>	<i>laws</i>	<i>sneakers</i>	<i>exercise</i>
<i>music</i>	<i>text</i>	<i>hand signals</i>	<i>right</i>	<i>tightly</i>

Biking is great for getting around, and it's also great exercise.

But bike injuries are common, so it's important to follow the rules of the road and bike laws set by your community. Smart kids and teens wear helmets whenever they ride bikes. A bike helmet should fit tightly and should not be tilted. When you buy a bike helmet, you should make sure it has a CPSC sticker.

Everyone should wear bright clothes and sneakers when they ride bicycles.

Bike riders should stay on the right side of the road and go the same direction as traffic. Bike riders also need to stop at all stop signs and obey traffic laws. Bike riders should use the correct hand signals and never change directions or lanes without looking behind themselves.

Smart kids and teens never text or listen to music while they're riding bikes so they don't get distracted.

This material was adapted from KidsHealth.org and is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the "Teachers' Choice Award for the Family" and the prestigious Pirelli Award for "Best Educational Media for Students." KidsHealth comes from the nonprofit Nemours Foundation. Check out [www.KidsHealth.org](http://www.KidsHealth.org) to see the latest additions!