

3-Day Street Skills Curriculum

Day 1

Power Point Part 1 (Slides 1-39—25-30 minutes)

Activity: Cycle Jeopardy (15-20 minutes) Use the Cycle Jeopardy Handout for this activity (pg. 6-7 of Bike Skills Talk). There are 10 cyclists in the picture and 3 additional hazards. Pass out the cycle jeopardy handouts. Give students 5-10 minutes to identify the problems in small groups and then bring them back into a large group and call students, one from each group, to come up and identify the unsafe or not predictable behavior and then give the safe solution. This could also be used as a homework assignment if you run out of time.

Optional DVD: Lane Change Olympics (11.5 Minute DVD that focuses on biking safely and predictably navigating intersections and turns. Cue to 8 minutes 30 seconds to start)

Note: For an electronic copy of the Cycle Jeopardy lesson, go to Lesson 1_Bike_Skills_Talk in the electronic copy of your contractor binder

Day 2

Power Point Part 2 (Slides 40-86—25-30 minutes)

Activity: Crash Case Studies (15-20 minutes) Divide the class into small groups and give each group a handout (because there are 3 crash case studies, there will be overlap). Have the students work in their groups to answer the questions. Then bring everyone together into the large group and have a student from each group report on their answer. If you have time, you could also have students act out the scenario and then come up with the appropriate safe cycling skills that would have helped avoid the problem. Groups could then take turns demonstrating their scenario in front of the class. If you do not have class time, the handouts can be used as homework. Have students provide a short answer for each of the three scenarios that demonstrate an understanding of the conflict and the safe riding skills needed to avoid future conflicts.

Optional DVD: CHANGING A FLAT (3 minute DVD that demonstrates changing a flat tire. It provides a helpful visual to go with instructions. Cue the DVD to 1:38 in the First Gear An Introduction to Bike Safety DVD)

Note: For an electronic copy of the Crash Case Studies lesson, go to Lesson 1_Bike_Skills_Talk in the electronic copy of your contractor binder

Day 3

Helmet Safety (20-25 minutes)—Discuss Helmet Safety and Laws and Demo Helmet Fitting (MS Curriculum Lesson 2A) Watch DVD: Wear a Helmet (4 min)—4th video on SRTS DVD

Know Your Bike and Gear (25-30 minutes)—Discuss ABCD check, fitting a bike, parts of bike, and gear (MS Curriculum Lesson 2B and Lesson 9)

Activity: either label parts of bike as a classroom group (need bike and parts of a bike tags) or have the students work in small groups to fill out the Parts of A Bike worksheet (MS 2B, pg. 8)

Optional Activity: Bike and Helmet Safety Crossword—pass out a crossword handout to each student and have them fill in the crossword on their own, then bring the group together and go over the answers together.

Optional Activities (for any day)

Crash Stories—Have students share their crash stories, ask if they were wearing a helmet and ask if they could have avoided the crash in any way.

Best Bike Ride Stories—Share your best bike ride story, then ask students to share their best bike ride story.

Ask: What would you do to make your neighborhood more bike friendly? If you have enough time, you could have the students work in small groups to come up with ideas and then share with the larger group. If you have time, the students could draw their bike-friendly neighborhoods and/or write letters to City Council giving their suggestions.

Ask: If you could go to a special place on your bicycle, where would you go? Share your own special place to get them started.

Discuss with the students what kinds of things you could put on a bike to make it more safer. If you have time, students could even draw pictures of their new and improved bikes.

Materials

Laptop, projector, speakers (optional), SRTS DVD, BTA DVD, power point presentation and notes, Middle School Curriculum binder, helmet, bicycle and parts of a bike tag for Day 3 (if no bicycle, then Parts of a Bike handout-enough for classroom)

Handouts: Cycle Jeopardy (6-8), Crash Case Studies 1-3 (2-3 of each), Bike and Helmet Safety Crossword (enough for class), Parts of a Bike (enough for class)