

# Virtual Pedestrian and Bicycle Elementary Curriculum

## Grades K-2 Pedestrian Safety

### Vocabulary for K-2:

Sidewalk	Hazards	Edge
Road/Street	Danger	Left
Vehicles	Distraction	Right
Traffic	Intersection	

## Kindergarten

Sunshine State Standard: Verbally state the search used before crossing a roadway

Watch video: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_en.html)

Complete activity: Practice stopping and looking left-right-left

1. Approach a doorway and stop
2. Say out loud while looking "Left-Right-Left"
3. Walk across hallway or into room

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## 1<sup>st</sup> Grade

Sunshine State Standard: Identify edges, pedestrians, vehicles, and traffic

Watch video: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_en.html)

Complete activity: Practice stopping and looking Left-Right-Left

1. Approach a doorway and find the edge
2. Stop at the edge
3. Say out loud while looking "Left-Right-Left"
4. Walk across hallway or into room

Optional Activity: Identify edges, pedestrians, vehicles, and traffic

1. Go for a walk in your neighborhood with an adult
2. Find the edges of the sidewalk
3. Find the edges of the road
4. Count the number of pedestrians you see
5. Count the number of cars you see

## 2<sup>nd</sup> Grade

Sunshine State Standard: Identify the proper crossing sequence.

Watch video: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_en.html)

Complete activity: Practice crossing the street safely

1. Approach a doorway and find the Edge
2. Stop at the edge
3. Look Left-Right-Left
4. Practice walking while looking all around

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Optional activity: Take a walk in your neighborhood with an adult

1. Find the safest place to walk; either the sidewalk or the left side of the street if there is no sidewalk.
2. Look for crosswalks. If there are no crosswalks, cross at the intersection or the spot where there is a stop sign.
3. Follow the rules for crossing the street
  - a. Approach a doorway and find the Edge
  - b. Stop at the edge
  - c. Look Left-Right-Left
  - d. Practice walking while looking all around

Optional Bicycle Safety for Grades K-2

Video : [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_en.html)

Quiz: [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_quiz_en.html)

# Virtual Pedestrian and Bicycle Elementary Curriculum

## Grades 3-5 Bicycle Safety

### Vocabulary for 3-5:

Sidewalk	Distraction	Communicate
Road/Street	Intersection	Predictable
Vehicles	Edge	Lane
Traffic	Left	Bike Lane
Hazards	Right	Path
Danger	Pedestrian	

## 3<sup>rd</sup> Grade

Sunshine State Standard: Differentiate between a correct and incorrect way to fit a helmet

Watch video: [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_quiz_en.html)

Complete activity: Correctly fit a helmet

1. Make sure the helmet is level with no more than two fingers between the eyebrows and the brim of the helmet.
2. Make sure the helmet is snug. It shouldn't wiggle when you shake your head. The side straps will make a "V" shape around the ears.
3. There should be no more than 2 fingers of space between the chin and chin strap.

Resource: Fitting a helmet Steps document (attached) or at [https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/8019\\_fitting-a-helmet.pdf](https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/8019_fitting-a-helmet.pdf)

Optional activity: Virtual scavenger hunt

1. Create a Google Docs page showing the differences between helmets that are fit correctly and incorrectly.
2. Document should show three images of incorrectly fit helmets and three correctly fit helmets.
3. Each image must list what is wrong with it, or why it is correct.

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## 4<sup>th</sup> Grade

Sunshine State Standard: Discuss the importance of wearing a helmet

Watch video: [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/bicyclesaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/el_quiz_en.html)

Complete activity: Create a Google Docs document discussing the importance of wearing a helmet

1. Write one paragraph answering the following questions:
  - a. What are helmets made of?
  - b. What does the foam part of a helmet do?
  - c. What does the plastic shell do?
  - d. What are the purpose of the straps?
  - e. Is correct fit important? Why or why not?

Resource to help answer the questions:

<https://www.acrf.org/Self-StudyCourses/helmetCourse/h1helmetworks.htm>

Optional activity: Correctly fit a helmet

4. Make sure the helmet is level with no more than two fingers between the eyebrows and the brim of the helmet.
5. Make sure the helmet is snug. It shouldn't wiggle when you shake your head. The side straps will make a "V" shape around the ears.
6. There should be no more than 2 fingers of space between the chin and chin strap.

Optional activity: Virtual scavenger hunt

1. Create a Google Docs page showing the differences between helmets that are fit correctly and incorrectly
2. The document should show three images of incorrectly fit helmets and three correctly fit helmets.
3. Each image must list what is wrong with it, or why it is correct.

# Virtual Pedestrian and Bicycle Elementary Curriculum

## 5<sup>th</sup> Grade

**Sunshine State Standard:** Discuss the importance of being visible, being predictable, and communicating when cycling

Watch video: [http://www.pedbikeinfo.org/bicyclesaferjourney/mi\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/mi_en.html)

Complete online quiz: [http://www.pedbikeinfo.org/bicyclesaferjourney/mi\\_quiz\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/mi_quiz_en.html)

Complete activity: Virtual Scavenger Hunt: complete a google docs page showing the following images

1. Pedestrian in high visibility clothing
2. Cyclist in high visibility clothing
3. Pedestrian with reflective clothing/items
4. Cyclist with reflective clothing/items
5. Pedestrian with lights
6. Cyclist with lights

Optional Activity 1: Go for a ride in your neighborhood with an adult or sibling.

1. Make sure your bike is in working order (ABC Quick Check).  
<http://www.pedbikeinfo.org/bicyclesaferjourney/abcquickcheck.pdf>
2. Identify the safest place to ride in your neighborhood; the sidewalk, bike lane, or right side of the road.
3. Make sure you are highly visible on your bike
4. Practice riding predictably; Riding in a straight line, signaling before turning and stopping, stopping at all stop lights/signs

Optional Activity 2: Using sidewalk chalk, draw an intersection on your driveway. While walking, pretend you are riding through the intersection using your safe riding skills.

- a. Signaling before you stop
- b. Stop at the stop sign
- c. Look Left Right Left
- d. Signal if you are turning
- e. Proceed safely through the intersection

\*if you have siblings, have them pretend to be cars, pedestrians, or other cyclists and you must communicate with each other to get safely through the intersection

# Virtual Pedestrian and Bicycle Elementary Curriculum

Optional videos, quizzes and activities:

## Pedestrian Grades 3-5

The pedestrian Safer Journey video and quiz for grades K-2 can also be used for 3<sup>rd</sup> and 4<sup>th</sup> grade

Links here:

Video: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_en.html)

Quiz: [http://www.pedbikeinfo.org/pedsaferjourney/el\\_quiz\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_en.html)

Depending on maturity level of your students, 4<sup>th</sup> grade may also respond better to the 5<sup>th</sup> grade pedestrian video

5<sup>th</sup> Grade pedestrian video: [http://www.pedbikeinfo.org/pedsaferjourney/mi\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/mi_en.html)

5<sup>th</sup> grade quiz: [http://www.pedbikeinfo.org/pedsaferjourney/mi\\_quiz\\_en.html](http://www.pedbikeinfo.org/pedsaferjourney/mi_quiz_en.html)

## Optional pedestrian activities

Take a walk in your neighborhood with an adult

1. Find the safest place to walk. If there is a Sidewalk, use it or walk on the left side of the street facing traffic if there is no sidewalk.
2. Look for crosswalks. If there are no crosswalks, cross at the nearest intersection or spot where there is a stop sign.
3. Follow the rules for crossing the street
  - a. Stop at the edge
  - b. Look Left-Right-Left
  - c. Walk across the street
  - d. Scan for dangers while walking
4. Create a Google Doc and Answer the following questions:
  - a. Where was the safest place to walk in your neighborhood; the sidewalk or the street?
  - b. Where was the safest place to cross the street? Did you have a crosswalk or did you cross at the stop sign/intersection?
  - c. Did you have a pedestrian crossing light?
  - d. Were you able to follow the rules for crossing the street?

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- e. What dangers did you see? Examples: cars driving too fast; cars not stopping at the stop signs or lights; cars not moving over for pedestrians; distracted drivers; distracted walkers

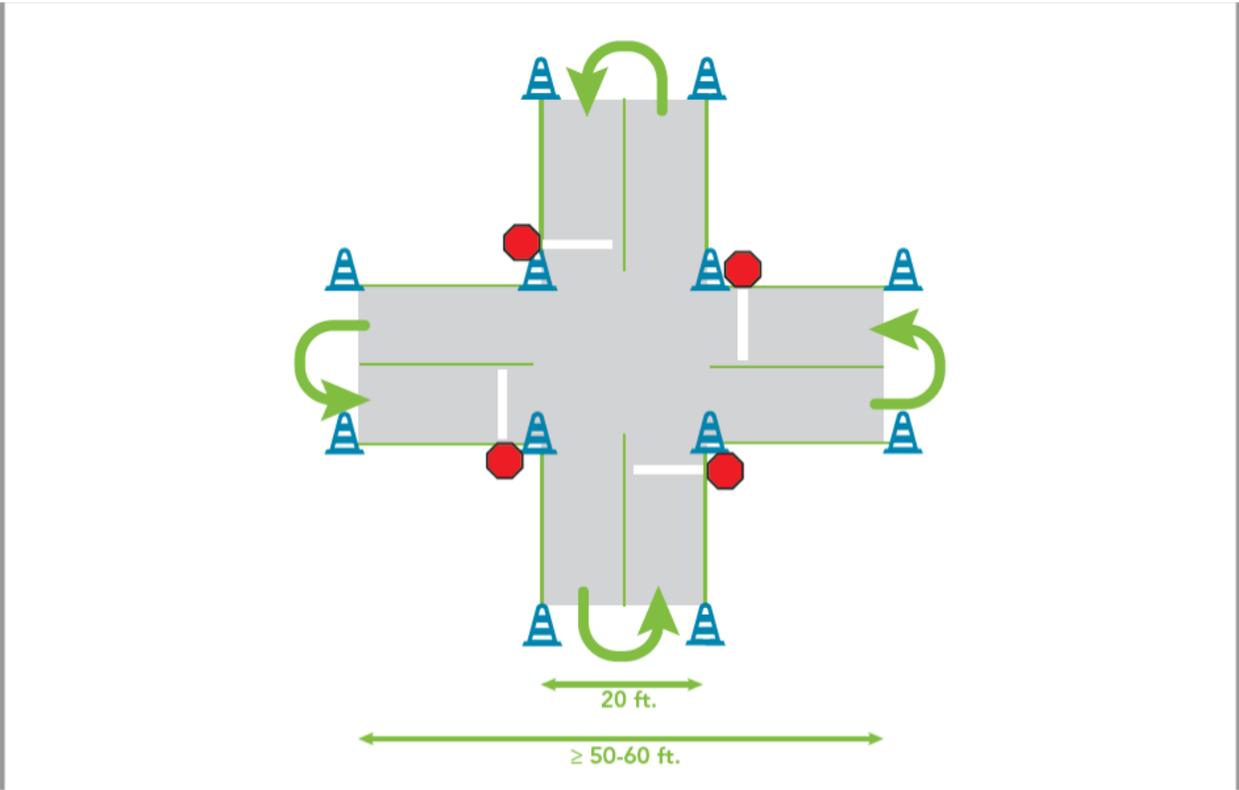
Optional Activity: Use sidewalk chalk and draw your own sidewalks and crosswalk in your driveway. Practice walking safely in your chalk neighborhood.

## Optional Bike Activities:

1. ABC Quick check
2. Helmet Fitting
3. Go for a ride in your neighborhood with an adult or sibling.
  - a. Make sure your bike is in working order (ABC Quick Check)
  - b. Identify the safest place to ride in your neighborhood; the sidewalk, bike lane, or right side of the road
  - c. Make sure you are highly visible on your bike
  - d. Practice riding predictably: Riding in a straight line, signaling before turning and stopping, stopping at all stop lights and signs
4. Using sidewalk chalk, draw an intersection on your driveway. While walking, pretend you are riding through the intersection using your safe riding skills.
  - a. Signaling before you stop
  - b. Stop at the stop sign
  - c. Look Left Right Left
  - d. Signal if you are turning
  - e. Proceed safely through the intersection

\*if you have siblings, have them pretend to be cars, pedestrians, or other cyclists and you must communicate with each other to get safely through the intersection

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Sample for drawing an intersection. It does NOT have to be to scale.