



Homeroom Curriculum

Lesson Plans & Off-Bike Activities - Grades K to 1

Program Director:

Dr. Gillian Hotz

Project Manager:

Dr. Michelina "Mickey" Witte

Content and activities:

Alyson Brady

Dr. Jayne D. Greenberg

Luke O'Neil

Grant Wentzel

Dr. Michelina "Mickey" Witte

Youth classroom educator:

Grant Wentzel, M.A.T.

Program Evaluation:

Dr. Valentina I. Kloosterman

Literature review:

Alyson Brady

Dr. Michelina "Mickey" Witte

Visual production:

Kurt Kaminer

The BikeSafe Program satisfies the national physical education standards set by SHAPE America: shapeamerica.org/standards/pe/

M-DCPS TEACHERS:

- Once you have implemented the curriculum in your class for the school year, please submit a Curriculum Completion Form - **PER M-DCPS SCHOOL BOARD MANDATE** - at: ibikesafe.org/ccf





Table of Contents

- **Introduction** 6
- **Signs, Signals, and Safety** 8

About the BikeSafe Elementary K-1 Curriculum:

Comments and Suggestions

For all inquiries, please contact us at:

bikesafe@miami.edu or (305) 243-0349

If your question or comment relates to this document, please provide the version number and publication date (bottom right corner of cover page), in order for us to provide you with accurate assistance.

Roles and Responsibilities

Users of the BikeSafe Curriculum and its related resources assume the responsibility of conveying the educational principles contained herein in a manner appropriately put forth by the curriculum text.

These resources do not contain every possible on-bike or off-bike scenario. It is important to ensure children are supervised by an adult at all times.

Teachers using this curriculum should first take the brief video training course at ibikesafe.org/schools/start before using it in the classroom.

It is the responsibility of the teacher to provide a safe educational environment.

Sharing This Curriculum

The content of the BikeSafe Curriculum, including all text and images, may not be extracted, repurposed, reused, or rebranded in any form by any other individual or entity without prior written permission from the University of Miami BikeSafe Program.

This document as published may not be distributed or uploaded anywhere other than the official BikeSafe webpage, ibikesafe.org

If you wish to share this document on your website, blog, social media, or elsewhere, please link to the following URL: ibikesafe.org/schools/start

Printed and digital copies of the BikeSafe Curriculum may be reproduced for classroom use in their original, unaltered forms.

Copyright

©2024 University of Miami BikeSafe Program. All rights reserved.

The University of Miami Miller School of Medicine ("University") nor any of its officers, trustees, agents, employees, faculty, students, volunteers or the BikeSafe program makes any warranty, express or implied, about the accuracy or completeness of any information contained in this publication. The University makes no representations or warranties about use of the BikeSafe program. Accordingly, you acknowledge and agree that you shall use the program at your own risk and disclose to participants that their use is at their own risk. The UNIVERSITY, its officers, trustees, agents, employees, faculty, students, volunteers and the BikeSafe program disclaim all responsibility for information contained in this document and all liability (including without limitation, liability in negligence) for all expenses, losses, damages and costs you may incur as a result of the information being inaccurate or incomplete in any way or for any reason. The UNIVERSITY, its officers, trustees, agents, employees, faculty, students, volunteers and the BikeSafe program disclaim all liability for any damages arising from your access to or use of any material or part thereof within this publication and all related documents, and do not assume any legal liability or responsibility for the accuracy, completeness, or usefulness of information, apparatus, product, or process disclosed; nor represent that its use would not infringe privately owned rights.



Curriculum Overview

Thank you for choosing the latest University of Miami BikeSafe Physical Education Curriculum for elementary schools.

This curriculum has been created with homeroom teachers in mind, providing the opportunity to teach basic bike safety principles to young students. The activity is age-appropriate and requires minimal materials, enabling students to apply the learning objectives in a physically active, creative manner.

Feedback is always appreciated. It can be provided either through the BikeSafe Curriculum Completion Form (required by Miami-Dade Public Schools and found at ibikesafe.org/ccf) or through email (bikesafe@miami.edu).

Even if you are familiar with earlier publications of the BikeSafe Curriculum, we recommend reading through this edition entirety, due to the changes in both content and narrative.

What's Included?

The BikeSafe Elementary Curriculum is divided into individual editions and modules, each building upon the other. The document that you are reading now contains everything you need to teach the entire 30-minute curriculum to kindergarteners and 1st graders in a single class session.

While safety equipment and safe behavior are important, neither are a guarantee that people will have safe experiences on roads designed for cars. This is why BikeSafe emphasizes that connected networks of protected bike lanes, paths and trails are **necessary** for the safety of families, youths, and risk-averse riders.

Please remember that children must always be supervised by an adult, even while riding on safe bicycle infrastructure.

Recommended Implementation

In school districts where the BikeSafe Curriculum is mandated - such as Miami-Dade - your district may recommend the curriculum to be taught at a specific time (or times) during the school year.



Teachers from each school must submit a Curriculum Completion Form (CCF) each school year to the University of Miami, through the BikeSafe website.

The CCF is available at: ibikesafe.org/ccf.

For educators using the BikeSafe Curriculum where no formal agreement exists with their school board and the University of Miami, these modules can be taught at any time during the school year. However, keep in mind that the modules are designed to be taught sequentially.

Whether or not your school district mandates the implementation of the curriculum, it is always helpful to submit a CCF. It helps us track usage and hear your feedback.

Accommodations

Instructors may provide an alternative, adaptive learning plan for exceptional students. They may set unique goals allowing them to gesture and/or recall two to three of the vocabulary terms and/or key concepts in accordance with their learning style and their Individualized Educational Plan (IEP).

Feedback? Yes, please!

If you have any comments or feedback regarding the BikeSafe Curriculum, please reach out to us. Our office hours are Monday through Friday, 9-5pm EST.

Office phone: 305-243-0349

Email: bikesafe@miami.edu

Mailing address: University of Miami BikeSafe Program
KiDZ Neuroscience Center
1095 NW 14th Terrace, Suite 1-26
Miami, Florida 33136





Introduction

What is bicycle safety?

You may know bicycle safety as:

- Wearing a reflective vest.
- Riding predictably.
- Wearing a helmet.
- Using lights.
- Following the rules.



...but bike safety is much more than helmets and high visibility.

Bicycle safety is also:

- A fun and positive experience.
- A direct and convenient route.
- A place where children can ride in safety.
- A protected space where mistakes aren't life-threatening.



While helmets, lights, and predictability can enhance safety, safe places - such as protected bike lanes, protected intersections, and dedicated bicycle signals - provide exceptional safety benefits to riders of all ages.

This K-1st grade curriculum will help you teach your students the elements of traditional bicycle safety, while our 2-3rd and 4-5th grade editions provide additional information about protected bike lanes and other safe places.

TEACHING TIP

This introduction is intended for teachers, but may be used to supplement class Q&A sessions.





Elementary

Signs, Signals, and Safety

Signs, Signals, and Safety: Introduction

Key vocabulary:

- **Stop Sign**
- **Traffic Lights**
- **Helmet**

Time to complete:

- ~30 minutes

Traffic signs and lights create order by indicating when to cross an intersection. Helmets must be fitted correctly to provide safety. This module discusses how to use both effectively.

Learning Objectives

In this module, students will learn to:

- Recognize basic **traffic signs** and **traffic lights**
- Fit a bicycle **helmet** properly

Teacher Script - Q&A

(5-10 minutes)

Traffic Signs and Lights

Q. "What is the purpose of **traffic signs** and **traffic lights**?"

A. "**Traffic signs** and **traffic lights** direct traffic, instructing us when to go and when to wait."

Traffic signs:

Stop sign = "Stop."

Traffic lights:

Green = "Go."

Yellow = "Slow down, prepare to stop," or "caution."

Red = "Stop."

TEACHING TIP

Remind students that they should always cross with a parent or trusted adult.



Helmet Fit

Q. "What bicycle safety equipment should we wear when riding?"

A. "We should wear our **helmets** snug and buckled when we ride."

TEACHING TIP

Remind young students that helmet fitting (pages 14 through 16) should be done with the help of a parent or trusted adult.

BikeSafe helmet fit video:



Stop sign



Green = "Go"



Yellow = "Slow Down"



Red = "Stop"



Adjust helmet



Check for a snug fit



Buckle the helmet



Instructor Notes





Activity - Red Light / Green Light

(15 minutes)

*In this activity, students will follow **traffic signals**, just as when they ride their bicycles.*

To play:

1. Instruct students to stand in a clear area of the room and leave some space between each other.
2. Instruct students to follow these commands when called out:

"Green Light!"	=	Dance or jump up and down.
"Yellow Light!"	=	Move in slow motion.
"Red Light!"	=	Freeze.

Optional:

- Consider printing copies of the red, yellow, and green **traffic signals** from pages 11 through 13 for this activity.
- Red, yellow, and green construction paper can be used as well.

Module Closure

(5 minutes)

Please remind your students of these key concepts before dismissing class:

- **Traffic signs** and **traffic lights** indicate when to go and when to stop. They are for everyone using the road.
- A **helmet** needs to fit snug and buckled to protect you.

Instructor Notes



Final Thoughts

We hope teaching the BikeSafe Elementary Curriculum was rewarding and easy to implement.

You can help your school community become more active by promoting biking to school, hosting a Bike to School Day event, organizing a “bike bus” (a group of students traveling to school on bike, led by parents and/or teacher volunteers), gathering Safe Routes to School travel tallies, reviewing the bicycle facilities at and around your school, and advocating for safe streets.

Miami-Dade Teachers

Upon completing all modules with your classes, please make sure to submit a Curriculum Completion Form at:

ibikesafe.org/ccf





Access these links, plus additional resources for your school, online:



Standards

The BikeSafe Program satisfies the following physical education standards:

- **SHAPE America National Standards:**
shapeamerica.org/standards/pe/
- **Florida State Standards:**
Kindergarten: cpalms.org/PreviewCourse/Preview/894
Grade 1: cpalms.org/PreviewCourse/Preview/3996

Appendix

- **Get Moving on Bike to School Day**
Action for Healthy Kids
actionforhealthykids.org/activity/get-moving-on-bike-to-school-day/
- **Making neighborhoods better with protected bike lanes**
BikeSafe
kidzneurosciencecenter.com/making-neighborhoods-better-protected-bike-lanes/
- **ChangeLab Solutions**
Safe Routes to School Policy Workbook for School Districts
changelabsolutions.org/healthy-neighborhoods
- **Designing for All Ages & Abilities**
National Association of City Transportation Officials (NACTO)
nacto.org/publication/urban-bikeway-design-guide/designing-ages-abilities-new/
- **How To Make School Zones Safer with Protected Bike Lanes**
Safe Kids Worldwide
safekids.org/blog/how-make-school-zones-safer-protected-bike-lanes-and-have-fun-doing-it
- **In Austin, a Protected Bike Lane Built to Help Kids Get to School**
Streetsblog USA
usa.streetsblog.org/2014/01/13/in-austin-a-protected-bike-lane-built-to-help-kids-get-to-school/
- **What is Tactical Urbanism?**
Tactical Urbanist's Guide
tacticalurbanismguide.com/about/



- **Planning a Walk or Bike to School Day**
UNC Highway Safety Research Center
walkbiketoschool.org/plan/how-to-plan/
- **Promote Walking and Bicycling**
Vision Zero for Youth
visionzerofor youth.org/wp-content/uploads/2019/10/2024_VZY_4-pager.pdf

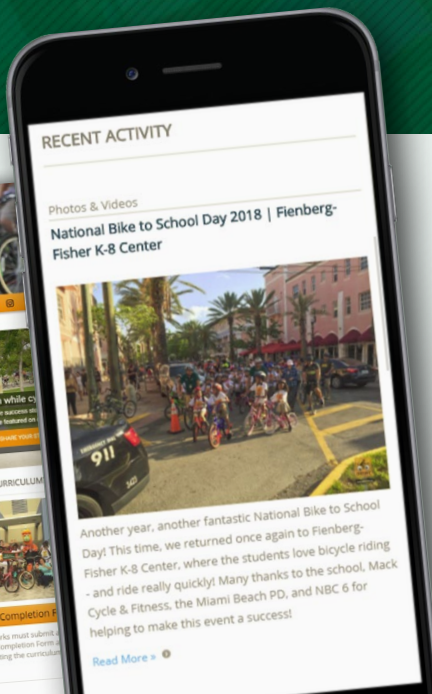
Relevant Studies:

- Chandler, J., Flynn, J., Bassett, D., Aaron, K., Walsh, J., Manuel, K., Fernandez, R., Epperson, B., & Zavisca, E. (2015). A Community-Based After-School Program to Promote Bicycling Skills and Knowledge: Kids Can Bike! *Journal of Park and Recreation Administration*, 33(4), 90-99. <https://doi.org/10.18666/JPRA-2015-V33-I4-6083>
- Hamann, C., & Conrad, A. (2019). Inventory of child bicycle education programs reveals need for age, development, and skill-level considerations. *Traffic Injury Prevention*, 20(sup3), 33-38. <https://doi.org/10.1080/15389588.2019.1665651>
- Hooshmand, J., Hotz, G., Neilson, V., & Chandler, L. (2014). BikeSafe: evaluating a bicycle safety program for middle school aged children. *Accident Analysis and Prevention*, 66, 182-186. <https://doi.org/10.1016/j.aap.2014.01.011>





www.iBikeSafe.org



Join the conversation about safer streets:



@iBikeSafe

The BikeSafe Program is brought to you in part by:

