



RULES OF THE ROAD

Kindergarten – 2nd Grade

Objective: The student will develop an understanding of the importance of following the rules of the road when riding a bicycle. The students will be able to identify basic road signs.

Virginia Standards:

Health Kindergarten

K.1.j. – Recognize ways to be safe (e.g., tying shoes, wearing a helmet, using a car safety.3.i seat and seat belt).

K.2.k – Identify safe choices when walking, riding in a car and bus, and riding a bike.

K.3.i – Describe how safety choices can prevent injuries (e.g., wearing helmets, tying shoelaces, using seat belts and safety seats, and sitting in the back seat of vehicles with airbags).

Health First Grade

1.1.e – Describe behaviors that promote personal safety, to include bus and automobile safety, pedestrian safety, playground safety, fire safety, water safety, Internet safety, and safety when biking and using other recreational equipment.

1.2.i – Explain ways to stay safe when riding a bicycle, inline skating, riding a skateboard or scooter, and using other self-propelled vehicles

1.3.f – Explain how protective gear reduces injuries.

Materials: Pre-Assessment Worksheet, road sign task cards, 2-foot noodle pieces (1 for every 2 students)

Background Information:

Share with your students the following information related to the Richmond 2015 UCI Championships.

The Road World Championships (Worlds) is cycling’s pinnacle event, held annually in an international city as chosen by the Union Cycliste Internationale (UCI). In September 2015, this nine-day event will be held in Richmond, the Capital of Virginia. (Have students identify Richmond on a map and discuss the distance from their city.) Approximately 1,000 men and women from among the world’s top cyclists, representing about 75 countries, will compete in the 12 championship races. It is a rare opportunity for the athletes to compete for their country, just as they do during the Olympic Games. The athletes will compete in three different disciplines including the traditional Road Race, the Individual Time Trial and the recently introduced Team Time Trial. World Champions are crowned in each discipline. This is truly a great global sporting event which will be covered by more than 500 media outlets from around the world and will be broadcast live to a global audience of more than 300 million people.

Pre-Assessment for Rule of the Road:

Today we will be learning about the importance of following the “rules of the road” when riding your bicycle. Let’s see what you know about these important safety rules

NAME: _____ DATE: _____

RULES OF THE ROAD PRE-ASSESSMENT



Select the best answer for each question below.

1. When riding my bicycle, I should ride _____.
 - a. facing the traffic so I can see if cars are coming
 - b. going the same direction as traffic

2. When riding my bicycle, I should _____.
 - a. obey all signs and signals on the road
 - b. only stop at stop lights
 - c. not have to follow any signs or signals

3. Two people can ride on a bicycle if one person rides on the seat and the other person sits on the handlebars or stands on the pegs.
 - a. True.
 - b. False.

4. I should use hand signals to indicate if I am turning right, left, or stopping.
 - a. True.
 - b. False.

5. When riding on the road, bicyclists are considered “motor vehicles” and must follow all the same rules as cars and trucks.
 - a. True.
 - b. False.

Click on the link below and share the bicycle basics video for more information about following the rules of the road when riding a bike.

Bicycle Basics Lesson 1

<https://www.youtube.com/watch?v=vypWHgz3uAI>

Activity: Rules of the Road

1. Explain and demonstrate the 2-2-2-2 rule for safe riding (2 wheels on the ground, 2 hands on the handle bars, 2 feet on the pedals, and 2 fingers covering the brakes).

Q. Why is the 2-2-2-2 rule important when riding your bike?

- A. It reduces the chances of getting injured.
- A. It allows riders to maintain control of their bikes better.
- A. It reminds riders of safest way to ride their bikes.

2. Hand Signal Simon Says

Each student will find a partner. One partner will find an open space and the other partner will get a two-foot noodle piece. When all partners have their open spaces and the noodle is on the floor, the teacher will demonstrate the proper hand signals for a left turn, right turn, and stop.



The students will practice these signals in their open spaces and the teacher will check for understanding. Once the students have demonstrated the basic turn signals, the teachers will play “Simon Says” and call out different hand signals for the students to demonstrate. If a student makes a mistake during the game, he/she will complete a fitness activity (e.g., 20 bicycle kicks) and then return to the game. The teacher can add some difficulty by having the students move throughout the open space while playing the game.

Fun Fact

There are at least 400 bicycle clubs in America, with membership ranging from 10 to 4,000 members.

Bonus Activities:

1. Encourage students to have a family member take photos of them riding their bikes (students must be wearing a helmet). The students can bring in photos to share with the teacher. The photos can be used for a display case or bulletin board discussing rules of the road.
2. Have students try Road Sign Paparazzi to practice identifying road signs.