

Learning about Virginia and Bike Safety

Why we Virginia

Grade: One

Objective: The student will learn basic concepts related to Virginia history, patriotism, national symbols, good citizenship, geographic location, the importance of following rules, bike safety, and basic fitness.

Virginia Standards:

- 1.1** The student will interpret information presented in picture timelines to show sequence of events and will distinguish among past, present, and future.
- 1.3** The student will identify changes in the body that occur during moderate-to-vigorous physical activity.
- 1.4** The student will develop map skills by recognizing basic map symbols and locating Richmond, the capital of Virginia, on a United States map.
- 1.10** The student will apply the traits of a good citizen by recognizing the purpose of rules and practicing self-control.

Materials: Globe, Virginia map, paper, crayons, and water bottles

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- ❖ Locate Richmond on a map of Virginia. Explain that Richmond, the capital of Virginia, will host the Road World Cycling Championships in September 2015. It is expected that 1,000 athletes will participate in the nine day event.
 - ❖ Explain that cyclists riding in the World Cycling Championships will come from around the world. Show pictures of flags from different countries. Use a globe to locate different countries.
 - ❖ Find Jamestown on a map of Virginia. Share pictures of Richmond and Jamestown in the past and present. How is everyday life today different from everyday life long ago?
Share information about the Virginia Capital Trail for biking and hiking. The trail will go from Jamestown to Richmond when it is completed. Trace the trail on a Virginia map.
 - ❖ Have the students draw an outline of Virginia on a blank piece of paper and draw a square that represents their school on the map. Point out the landforms and water features near the school.
 - ❖ Explain that physical activity such as bike riding helps the body grow. Remind students to always wear a properly fitted bicycle helmet to protect their head – every time they ride. Show the attached helmet fit graphic, remind students of the 2-2-2 Rule (2 fingers from eye brows to helmet, 2 fingers make a “V” under the ear, and two fingers should fit snugly under the chin when the strap is closed).
 - ❖ Create a class list of bike safety rules. Remind the students to learn and follow the rules.
 - ❖ Explain how to do a bike safety inspection before they ride their bicycle. Post a list of steps to follow (ABC Quick Check).

Activity

❖ CUT OUT THE MAP OF VIRGINIA AND PUT AN X WHERE YOU LIVE.

FUN FACT: VIRGINIA IS CALLED THE MOTHER OF PRESIDENTS. EIGHT UNITED STATES PRESIDENTS WERE BORN IN VIRGINIA.

FUN FITNESS: THE EARLY SETTLERS HAD TO BE STRONG TO BUILD THEIR FORT AT JAMESTOWN. LET'S BUILD OUR MUSCLES WEIGHT LIFTING. USING TWO BOTTLES OF WATER WITH ONE IN EACH HAND DO 10 BACK ARM CURLS (TRICEPS EXTENSIONS). LEAN FORWARD SLIGHTLY, EXTEND EACH ARM OUT STRAIGHT BEHIND SO THEY ARE PARALLEL TO THE GROUND. KEEPING THE UPPER ARM STATIONARY, BEND THE ARM DOWN TO A 90 DEGREE ANGLE THEN BACK UP TO THE STARTING POSITION AND REPEAT. COMPLETE 10 REPETITIONS.

❖ COLOR THE BIKE HELMET THE COLOR YOU WOULD WANT IT TO BE WHEN YOU RIDE YOUR BIKE ON THE VIRGINIA CAPITAL TRAIL.

FOR A PROPERLY FITTED BICYCLE HELMET THAT PROTECTS THE HEAD USE THE 2-2-2 RULE (2 FINGERS FROM EYE BROWS TO HELMET, 2 FINGERS MAKE A "V" UNDER THE EAR, AND TWO FINGERS SHOULD FIT SNUGGLY UNDER THE CHIN WHEN THE STRAP IS CLOSED).

