

# Learning about Virginia and Bike Safety

## Why we Virginia

**Grade:** Two

**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:**

- 2.3 The student will identify and compare changes in community life over time.
- 2.3 The student will describe the components of fitness and identify physical activities that promote aerobic capacity, muscular strength, endurance, flexibility, and body composition.
- 2.5 The student will develop map skills by locating the equator, the seven continents, and the five oceans on maps and globes; and locating selected rivers (James River), and mountain ranges (Appalachian Mountains), in the United States.
- 2.10 The student will explain the responsibilities of a good citizen, with emphasis on demonstrating self-discipline and self-reliance.

**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. Have them label the James River, the Atlantic Ocean, and the Appalachian Mountains.
- ❖ 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. Have the students write 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: THE VERY FIRST THANKSGIVING WAS CELEBRATED IN VIRGINIA IN 1619.

FUN FITNESS: THE EARLY SETTLERS HAD TO BE STRONG TO BUILD THEIR FORT AT JAMESTOWN. LET'S BUILD OUR MUSCLES LIFTING WEIGHTS! USING TWO BOTTLES OF WATER WITH ONE IN EACH HAND DO 10 BACK ARM CURLS (BACK 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).

