

Learning about Virginia and Bike Safety

Why we Virginia

Grade: Five

Objective: The student will develop a deeper understanding of Virginia's rich history and geographic concepts, bike safety, and proficiency in physical activities.

Virginia Standards:

- VS.2 b** The student will demonstrate knowledge of Virginia's regions including the Coastal Plain (Tidewater), Piedmont, Blue Ridge Mountains, Valley and Ridge, and Appalachian Plateau.
- VS.2 c** The student will demonstrate knowledge of the physical geography of Virginia by locating and identifying water features important to the early history of Virginia (Atlantic Ocean, Chesapeake Bay, James River, York River, Potomac River, and Rappahannock River).
- VS.5** The student will demonstrate knowledge of the American Revolution by identifying the various roles played by George Washington, Thomas Jefferson, Patrick Henry, and James Lafayette.
- 5.3** The student will use personal fitness assessment data to enhance understanding of physical fitness.

Materials: Virginia map, world map, paper, colored pencils, and water bottles

- ❖ 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. Research the different countries that have participated in the World Cycling Championships in the past.
- ❖ Draw and label the regions of Virginia and water features important to the early history of Virginia on a blank map of Virginia. Explain how each of these features provided a pathway for settlement of Virginia.
- ❖ Discuss that many historical places are located in Virginia. Share information about the Virginia Capital Trail for biking and hiking. The trail will be 55 miles long and will go from Jamestown to Richmond when it is completed. Trace the trail on a Virginia map.
- ❖ List the contributions of the following Virginians during the Revolutionary War era: George Washington, Thomas Jefferson, Patrick Henry, and James Lafayette. Locate the homes of these Virginians on a map.
- ❖ Have the students keep a fitness log for one week to determine the amount of health-related fitness activities they participate in outside of the physical education setting. In addition to keeping a personal activity log, encourage students to involve their entire family in keeping a Family Fitness Activity Log.
- ❖ Create a class list of bike safety rules. Remind the students to learn and follow the rules of the road.
- ❖ 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

- ❖ LIST FIVE PRODUCTS AND INDUSTRIES IN VIRGINIA. LABEL THEM ON A VIRGINIA MAP.
- ❖ CREATE A MAP THAT IDENTIFIES THE BIRTHPLACE OF THE EIGHT UNITED STATES PRESIDENTS, AND CHART THE DISTANCE FROM THEIR PLACE OF BIRTH TO THE VIRGINIA CAPITAL TRAIL.
- ❖ HAVE THE STUDENTS COLLECT INFORMATION ON TWO VIRGINIA PLANTS AND ANIMALS. SHARE THE RESEARCH WITH THE CLASS.
- ❖ DISPLAY SAMPLE PRODUCTS MADE FROM ROCK AND MINERAL RESOURCES FOUND IN VIRGINIA, AND HAVE STUDENTS IDENTIFY THE RESOURCES USED IN THE PRODUCTION OF EACH PRODUCT.
- ❖ HAVE STUDENTS CREATE A PHOTO JOURNAL OF THE REGIONS ON THE VIRGINIA CAPITAL TRAIL AND DESCRIBE THE CULTURAL AND GEOGRAPHIC LANDSCAPE THE BICYCLISTS ENCOUNTER ALONG THE TRAIL.

FUN FACT: PATRICK HENRY GAVE HIS FAMOUS “GIVE ME LIBERTY OR GIVE ME DEATH” SPEECH IN 1775 AT ST. JOHN’S CHURCH IN RICHMOND, VIRGINIA.

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.

- ❖ CREATE A BIKE HELMET TO ADVERTISE A SPECIFIC PRODUCT, REGION, OR LOCATION FOUND ALONG THE VIRGINIA CAPITAL TRAIL. DESIGN A LOGO THAT PROMOTES VIRGINIA, BIKE SAFETY, AND THE VIRGINIA CAPITAL TRAIL.

Bonus Activity

- ❖ WHICH COUNTRY HELD THE 2014 UCI ROAD WORLD CYCLING CHAMPIONSHIP?
- ❖ HOW MANY TIMES HAVE THE UCI ROAD WORLD CYCLING CHAMPIONSHIPS BEEN HELD?
- ❖ HOW MANY NATIONAL FEDERATIONS COMPETED IN THE 2014 UCI ROAD WORLD CYCLING CHAMPIONSHIP?
- ❖ HOW MANY DAYS UNTIL THE 2015 UCI ROAD WORLD CYCLING CHAMPIONSHIP BEGIN?

