



Bike Safe

Teacher Handbook



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bike safe

1. Introduction

Thank you for choosing the Bike Safe programme. Bike Safe is Auckland Transport's cycle safety programme that is delivered to schools across Auckland for Year 5 and 6 students.

The 3-hour course covers Grade 1 of the NZ Transport Agency (NZTA) Cyclist Skills Training Guidelines. This grade teaches cycle control skills within the school playground and focuses on bike handling, confidence and safety.

Students will learn to check their bikes and helmets, how to get on and off a bike without help, to start-off and pedal, and to stop quickly with control. They will also learn to steer and manoeuvre safely to avoid objects, to look behind, and the hand signals for stopping and turning.

This handbook supports the Bike Safe programme and is designed for teachers whose students will be completing the Bike Safe course. The handbook is also useful for teachers who are responsible for road safety or the Travelwise programme, or for any teacher who is interested in promoting cycling and cycle safety within the school.

In this handbook you will find a list of lesson ideas and activities that you can use to extend the learning done in the Bike Safe course. We have provided a selection of ideas with some examples and resources, or you can use the ideas to develop your own lessons to suit the needs of the group you are teaching.

We hope you find this useful and fun. Enjoy!



2. Preparing for Bike Safe

We have a few ideas about how you can prepare your class for Bike Safe. By identifying students' current knowledge, skills, competencies, attitudes and behaviours, students will relate new ideas learnt during Bike Safe to their prior understanding.

Mind-Map Lesson

Learning Area	Health and Physical Education
Achievement Objective	A3, Safety Management
Learning Intention	We are learning how to keep safe when cycling

With your class, identify a question starter that they would like to answer.
Here are some question starters to get you going:

- How does a helmet work?
- How does cycling benefit the environment, our health, our economy?
- How does cycling affect traffic flow and parking?
- How can cyclists stay visible at night?
- Why should cyclists always wear a helmet?
- Why should cyclists take care around parked cars?
- Why should cyclists obey the road rules?

Have your class record and save their ideas so they can revisit them once the Bike Safe course has been completed. You may choose to do this as one whole class activity or break into smaller groups.

Class Debate

Learning Area	Health and Physical Education, English
Achievement Objective	A3, Safety Management English, Speaking - Ideas English, Speaking - Purposes and Audiences
Learning Intention	We are learning how to express a point of view

With your class, identify a variety of debate topics.
Here are some topics to get you started:

- Cycle lanes improve safety for cyclists.
- Bicycles are superior to cars.
- Wearing high visibility gear should be compulsory for cyclists.
- Bicycles should be allowed on the footpath.
- Children should be encouraged to cycle more often.

Have your class record and save their ideas so they can revisit them once the Bike Safe course has been completed. You could also schedule a classroom debate after the Bike Safe activity and compare arguments before and after the training.

Build a Bike	
Learning Area	Technology
Achievement Objective	Technological Products <ul style="list-style-type: none"> • Understand the relationship between the materials used and their performance properties in technological products
Learning Intention	We are learning about the parts of the bike and their properties
<p>Visit this website for a bike building game that your class can play. http://content.bikeability.org.uk/schools/games/build-a-bike/</p> <p>Students follow the instructions and match each bike part to its name. They answer questions about bike parts and put the bike together. Once the bike is assembled, students get a chance to gather the ideal maintenance toolkit with a final round of questions.</p>	

Cycling to our School	
Learning Area	Health and Physical Education
Achievement Objective	Safety Management <ul style="list-style-type: none"> • Identify risks and their causes and describe safe practices to manage these English, Speaking - Ideas <ul style="list-style-type: none"> • Select, form, and communicate ideas on a range of topics
Learning Intention	We are learning how to plan for a safe journey to school We are learning to share our ideas in a group
<p>Group your students so that there is a cycling student in each group. Ask your keen cyclists to describe their journey to school:</p> <ul style="list-style-type: none"> • Where do they live? • How long does their journey take them? • Are there any areas, roads, intersections etc. that they avoid on their way to school? • When they get to school, where do they leave their bike and helmet? <p>Ask the group to discuss the following questions:</p> <ul style="list-style-type: none"> • What sort of hazards might cyclists encounter on routes to our school? • What are some of the things that you could do to make sure that your bike is roadworthy and ready for the journey to school? • What sort of cycle storage facilities do we have at our school? • Could we have better storage facilities? 	



3. Post- Bike Safe Activity Ideas

Revisit your 'Preparing for Bike Safe' activity(s)

- Revisit your mind map activity and see if your students can add extra points.
- Have a group discussion based on the debating questions presented by your students prior to Bike Safe. Are there any other comments that your teams would add to their argument?
- Revisit the 'Build a Bike' game and see if your students have improved their ability to answer the questions.

Visual Language - Poster

Learning Area	English
Achievement Objective	Purposes and Audiences (Presenting) <ul style="list-style-type: none"> • Show a developing understanding of how to shape texts for different purposes and audiences Language Features (Presenting) <ul style="list-style-type: none"> • Use language features appropriately, showing a developing understanding of their effects
Learning Intention	We are learning how to create a poster that communicates a particular message

Ask students to carefully select the images and language features that communicate messages around bike safety to a chosen audience. This could be designed on computer or paper.

Inquiry Learning

Achievement Objective	Please select A.Os that fit the direction the students choose to go
Learning Intention	Please select L.Is that fit the direction the students choose to go

Possible ideas:

- Research a favourite cycling sports personality (national/international). E.g. Sarah Walker, Sarah Ulmer, Hayden Roulston, Sir Bradley Wiggins, Simon Van Velthooven.
- Research different types of bikes throughout history. http://en.wikipedia.org/wiki/List_of_bicycle_types.
- Investigate the links between health and cycling, or safety and cycling.
- Investigate the links between sustainable environments and cycling.

Digital Learning

Achievement Objective	Please select A.Os that fit the direction the students choose to go.
Learning Intention	Please select L.Is that fit the direction the students choose to go.

Students will make a short two minute movie, digital story or radio feature on what they have learnt during Bike Safe. This can be individual images, slogans, pictures or a motion movie. Their digital media must include a safety message in it.

Some digital software that is available cost-free online includes:
Photo Story 3, iMovie, Fotobabble, and Voice Thread.

NZTA Curriculum Resources

NZTA have compiled a large number of teacher-led, student-led and ICT curriculum resources to help promote and encourage cycle safety. NZTA have also included a full inquiry unit on cycle safety on their webpage. Use any of these resources to reinforce the cycle safety messages presented during Bike safe.

<http://education.nzta.govt.nz/resources/primary-curriculum-resources/cycle-safety>

4. Bike Promotion Ideas

If you are a Travelwise School, ask your Community Transport Coordinator for support with these ideas.

Hold a Bike Breakfast or Lunch

Recognise the efforts of your student cyclists with a Bike Breakfast or Lunch.

Bike Parade Day

Hold a special day where all students can bring their bikes to school. Have the students participate in a competition to decorate their bikes. You could hold your decorated bike day on 'Go By Bike Day'. See the Bike Wise website for details of the next event at www.bikewise.co.nz

Bike Road Safety Day

Get students to bring their bikes to school for a bike road safety day. Set the playground up with cycle road safety challenges re-capping the Bike Safe course. You could create different stations where the students bike between each one to complete one challenge of the course.

For example:

- **Station 1:** demonstrate correct helmet fitting.
- **Station 2:** demonstrate the signal for turning right/left/stop.
- **Station 3:** locate parts on their bike (e.g. chain, mudguard).
- **Station 4:** demonstrate checking behind while riding straight.

Cycling Competitions

Students bring bikes to school to hold bike-related competitions, for example: mini races, going slow/showing control, team courses using only one bike per team, bike baton races. Get your students involved in designing the competitions.

Family Bike Day

Hold a school family bike day. This could be attached to another big school event, to raise money or just for the fun of biking.

Auckland Family Cycle Challenge

Promote the Auckland Transport Family Cycle Challenge for families to do in their own time over the weekend. There are treasure hunt questions for a number of local parks.

Visit: www.cyclingsthego.co.nz

Bike Crew

Do you have some keen cyclists in your school who would like to be the Bike Crew? Bike Crew students can help other students with minor repairs (pump up tyres), lead bike safety in the school and can work with your local Community Transport Co-ordinator or School Community Officer to lead cycling events in school. If you are a Travelwise School, ask your Community Transport Coordinator for support in setting up a Bike Crew.

Cycle Helmet Fit Spot Check

Ask your local Community Transport Coordinator or School Community Officer to schedule a 'cycle helmet fit spot check' the week following Bike Safe training.



5. Tips for Cycling Lead Teachers

Fitting a Bike Helmet Correctly

The law requires people to wear a helmet when riding a bicycle. We recommend all cyclists wear them. The most common cyclist injuries that cause death are head injuries, so protecting the head is important.

A helmet should be the right size, fitted correctly and standards-approved. Helmets are designed to take only one hit so if they are in a crash or have been mistreated they should be replaced with a new one.

Caps or beanies should not be worn underneath a helmet.

How to correctly fit a bike helmet:

1. Loosen all the straps.
2. Figure out which end is the front and which is the back.
3. Place the helmet squarely on your head and tilt it forward until the front of the helmet is two fingers width above your eyebrows.
4. Adjust the dial (if fitted) at the back to tighten the helmet onto your head.
5. Do up the buckle under the chin. It should feel firm, but you should be able to talk. You should be able to fit one finger between your chin and the strap.
6. Adjust the other straps so that your ears sit in the middle of the V shape. The straps should meet just below the ear lobes.
7. Give the helmet a wriggle - forwards, backwards and sideways to check it stays in place. If you can uncover the forehead, sides of the head or cover your eyes, it will need to be adjusted again.

Further cycling information

Here are some useful website links for your keen cyclists:

www.bikewise.co.nz

www.bikenz.org.nz

www.cyclingsthego.co.nz

www.tumekecyclespace.org.nz

www.aucklandmtb.co.nz

www.roadcycling.co.nz



Wear your helmet **Right**



Two fingers above your eyebrows to the bottom of your helmet.



Four fingers to make a V-shape around the bottom of your ears



One finger under the strap beneath your chin



6. Student Worksheets

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Connect the Dots!

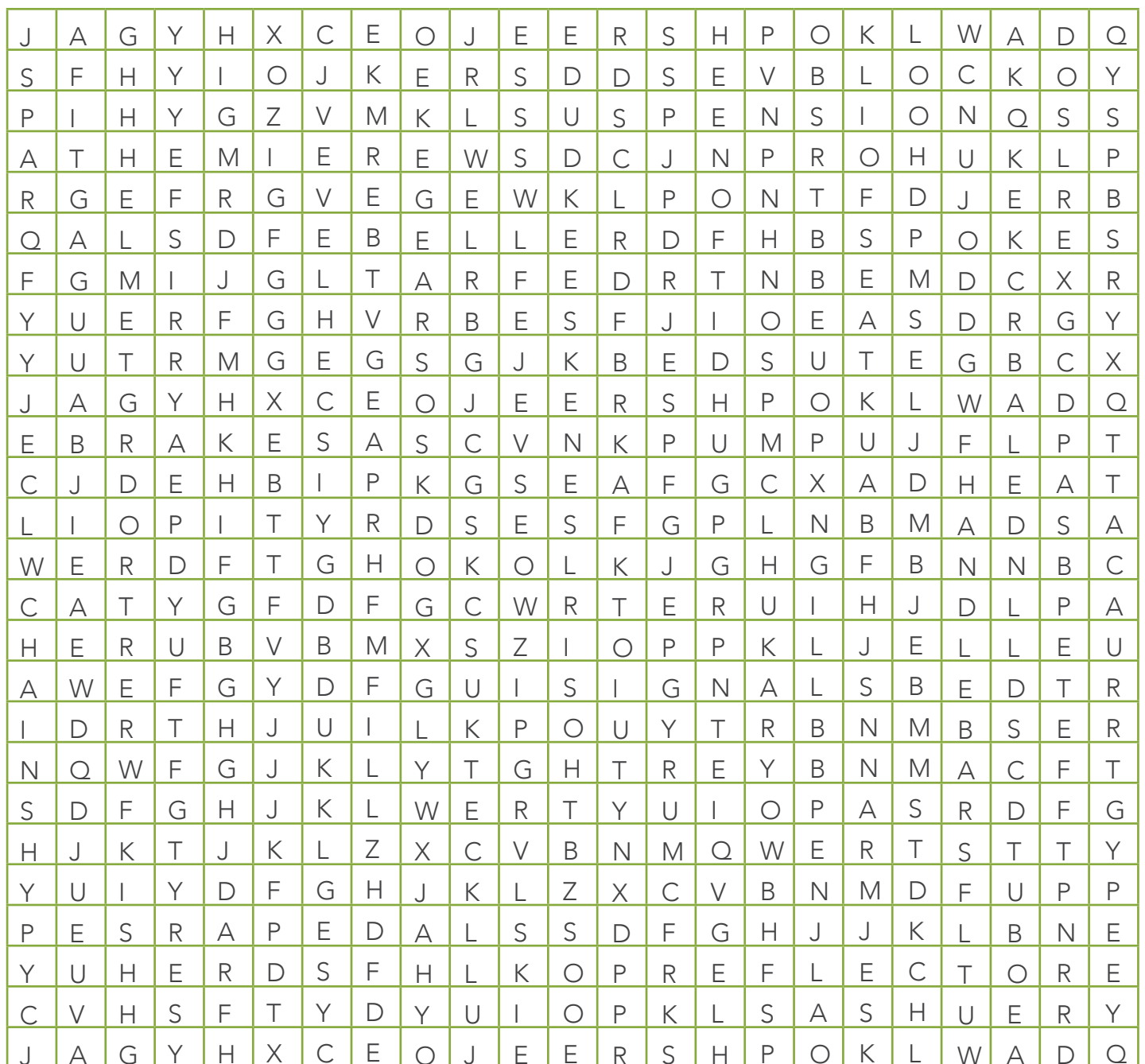
Join the dots on the picture below to make a cycle helmet. Colour in the helmet and give it a cool design.



Cycling Word Find

Find the words listed here:

Bell	Handlebars	Tyres	Gears
Reflector	Spokes	Helmet	Suspension
Pump	Brakes	Seat	Pedals
BMX	Signals	Lock	Chain



Cycling Velodrome - Maths Quiz

A velodrome is a special race track for cyclists like you can see in the picture below.



A velodrome measures 250m around its track.

Knowing this fact, how would you answer these questions?

1. How many times would you have to cycle around to go 1km? _____
2. How many times would you have to cycle around to go 5km? _____
3. How many times would you have to cycle around to go 10km? _____

**Gary Anderson was a NZ cyclist who cycled at the Olympics.
He can cycle once around a velodrome in 30 seconds.**

4. How many minutes does it take him to go around 10 times? _____
5. How many minutes does it take him to go around 20 times? _____
6. How many minutes does it take him to go around 7 times? _____

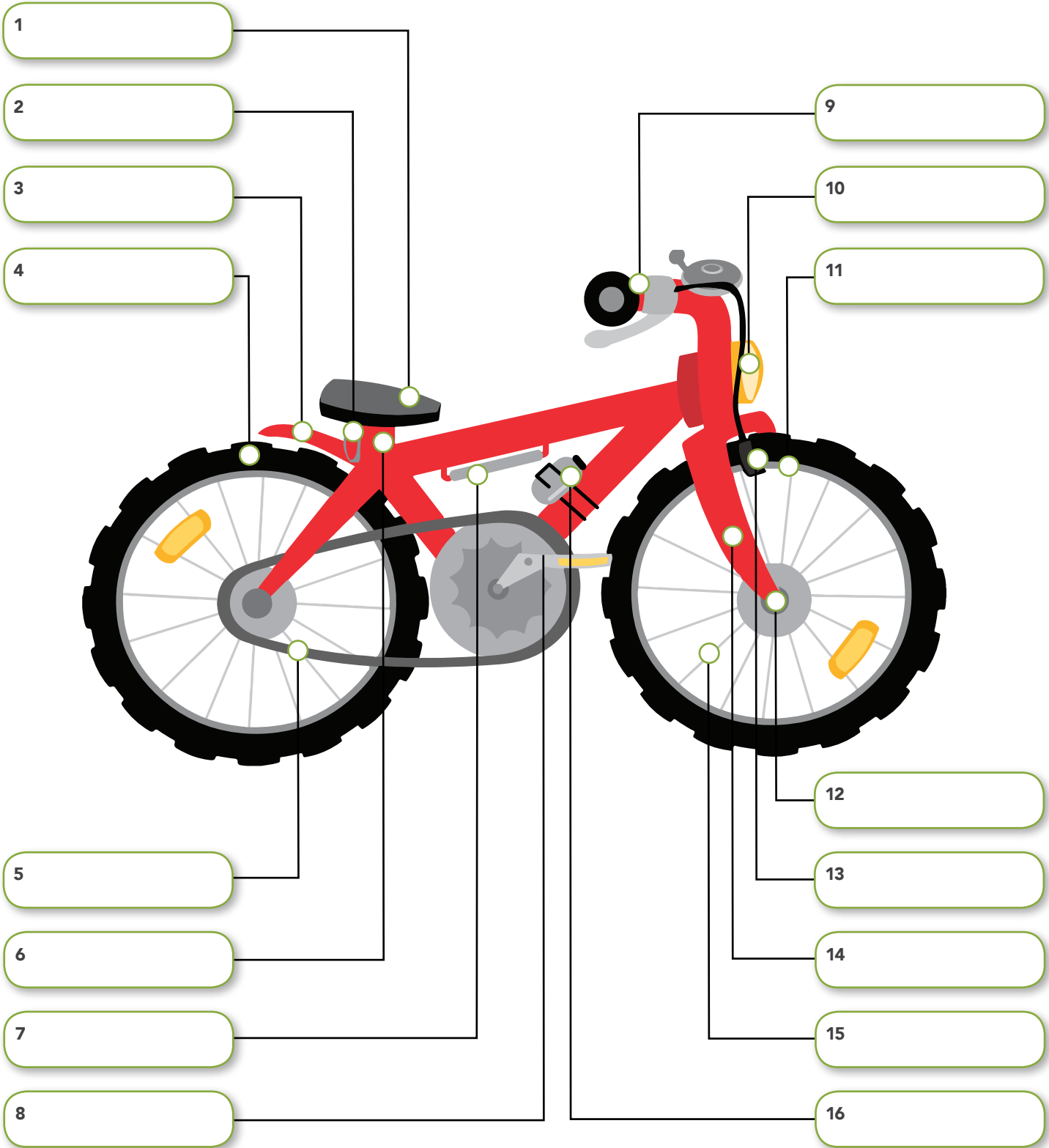
At the Olympics the individual pursuit race is 4km for men and 3km for women.

7. How many times around the track do the men ride? _____
8. How many times around the track do the women ride? _____

Parts of a Bike

Write the names of as many bike parts as you can in the numbered boxes.

pedal	water bottle	wheel nut or quick release lever	forks
white reflector	seat	brake pads	red reflector
wheel rim	tyre	mudguard	chain
spoke	pump	handlebars	seat post



Mystery Code

Can you be a cool code breaker?
Use the key to unlock the answer

What's the first safety rule on your bike?



<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	12	23	1	25	19

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
23	5	1	18

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
25	15	21	18

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
8	5	12	13	5	20



Worksheet Answers

Pg 9 - Bike Helmet True / False

- a. True - in NZ cyclists must wear an approved helmet.
- b. False - the straps must be done up so that the helmet is secure.
- c. False - cycle helmets can be damaged if they are dropped, are in an accident, or by wear and tear.
- d. True - a hat can cause the helmet to come off in an accident.

Pg 9 - Bike Safety check unscramble the words

Tyres: air, cracked

Wheels: release

Brakes: front, back

Reflectors and Lights: Clean, lights

Pg 12 - Cycling Velodrome maths quiz

1. 4 times
2. 20 times
3. 40 times
4. 5 minutes
5. 10 minutes
6. 3 minutes and 30 seconds
7. 16 laps
8. 12 laps

Pg 13 - Parts of a bike

1. seat
2. red reflector
3. mudguard
4. tyre
5. chain
6. seat post
7. pump
8. pedal
9. handlebars
10. white reflector
11. wheel rim
12. wheel nut or quick release lever
13. brake pads
14. forks
15. spoke
16. water bottle

Pg 14 - Mystery Code

1. Always wear your helmet

