

RULES OF THE ROAD

3RD – 5TH 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 - Third Grade

- 3.2.j – Explain the importance of following safety rules at home and when riding in a motor vehicle.
- 3.3.e - Set a goal for a positive health practice and monitor progress.

Health – Fourth Grade

- 4.2.j – Explain the health consequences of not following safety practices for recreational activities.

Health – Fifth Grade

- 5.1.k – Analyze why people choose to follow or not follow safety rules at school.

- 5.3.n – Identify healthy activities that students can do with friends and family to build positive relationships.

Materials: Pre-Assessment Worksheet, road sign task cards, 2-foot pool noodles

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 was 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, competed 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 competed 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 and was 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 Rules 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. Identify two basic rules of the road that cyclists must follow;
 - a. _____
 - b. _____

4. Draw a picture of the hand signals for STOP, RIGHT TURN, LEFT TURN

STOP	RIGHT TURN	LEFT TURN

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 Mini-Activity

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 partners will work together to practice moving around the open space using hand signals. The partner in the front (partner A) will hold the pool noodle with both hands like holding the handle bars on a bicycle. Partner A will then demonstrate the various hand signals to turn or stop at the direction of the partner who is second in line (partner B). Both partners should watch for other pairs while practicing the signals. After a period of time, the teacher will have the partners switch roles.

- To add a challenge, have the students travel in various locomotor patterns when traveling in the playing area.

Fun Fact

A study found almost three-quarters of fatal crashes (74%) in NYC involved a head injury and nearly all bicyclists who died (97%) were not wearing a helmet. Helmets have been found to be 85% effective in preventing head injury.

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 create “Rules of the Roads” posters that can be displayed in the school.
3. Challenge the students to create a Rules of the Road poem or rap that can be shared during class time or the morning announcements.