



Traffic Safety Quiz Show

Bicycle Safety Lesson 2 of 3

Grade level: 4/5

Subject Area: Physical Education, Health

Skill Set: Bicycle Safety

Introduction

In this activity, students play a game that allows them to demonstrate and develop bicycle and pedestrian safety knowledge. The game is based on the television game show Jeopardy. The class is divided into 2-4 teams of up to 10 students (usually named for one of the 4 fantastic reasons to walk/bike). The point system dynamic may be too competitive for some classrooms, in which case the questions in each category can be referred to as levels 1, 2, 3 and 4.

Objective

To have the class answer questions about safe behavior, laws and rules for walking and bicycling. The object of the game is not which team scores the maximum points but how many students can ultimately answer all the questions correctly!

Time

30-45 minutes

Set Up

Regular classroom. Leave yourself 10 minutes before and after class to assemble and disassemble jeopardy game board. Game cards or acetates can be made from the questions provided.

Materials

Large game set up with props (cars/trucks, people, and squeaky mascot who demonstrates the maneuver in question) and question sheets that can tacked or taped to a wall or bulletin board and the props mentioned above.

Lesson Outline

1) Discussion: Introduce Safe Routes to Schools (SRTS)

SRTS is a program that teaches kids the importance of walking and bicycling as a way to get around. SRTS programs work to increase safety by teaching kids walking and bicycling skills and etiquette.



2) Discussion: Introduce the Game

The game will test their knowledge of bike and pedestrian safety.

There are three categories:

- Walk This Way (how to be a safe pedestrian)
- Safe Cycling (how to “drive” a bike)
- Rules of the Road (traffic laws that apply to bikes)

3) Discussion: Explain the rules

- The class will be divided into two to four teams (named for one/more of the 4 fantastics)
- Each team will have a scorekeeper (optional – score sometimes is for chaos management – a team can lose points if they are too rowdy)
- Teams will alternate choosing a category and point value/level
- Teams will alternate answering questions. Some questions are true-or-false or multiple choice; most questions allow three chances to provide the answer.
- If a team fails to answer the question correctly, the other team may answer it.
- The teacher may determine full or partial points.
- Teams should work together. Emphasize to the students that there should be a spokesperson for the team who either answers the question on behalf of the team or defers to another member to answer. Tell the students they should not be raising their hand to answer the question!

4) Activity : Play the Game

- Work through the Jeopardy questions by category
- Note: Further discussion options have been italicized.



Category: Walk This Way

10 points: What are the three things you should do every time you come to the “edge” of the sidewalk or a roadway?

Answer:

- 1) Stop
- 2) Look- left, right and left again (discuss why left first and twice)
- 3) Listen

20 points: Sometimes cars are parked along the street and you have to step out from between two parked cars. Explain why it is dangerous to walk out from between parked cars.

Answers: (10 points awarded for each answer)

- 1) A driver in a parked car could move and hit you.
- 2) The cars are blocking you so that other drivers cannot see you and it is hard for you to see the driver.

30 points: What should you do if you are halfway across the street and the green WALK signal changes to the red DON'T WALK signal? Multiple Choice:

- 1) Keep walking at a normal pace.
- 2) Turn around and go back.
- 3) Run the rest of the way across the street.


Answer: 1) Keep walking at a normal pace. Never run in the street.

- Ask why we never run in the street. Ask students if they ever fall down. Ask, Do you fall more often when you run or when you are walking? They need to understand that to fall in the street is extremely dangerous.
- Explain that even after the don't walk signal starts flashing, opposing traffic remains at a red light for a few seconds longer so that pedestrians have a chance to get across the street.
- Mention always to activate a crosswalk signal if there is one at a traffic light, to ensure there will be enough time, unlike a green light activated for a single car.
- Mention the countdown signals and how much time you typically take to cross a street (this can be their homework assignment).

40 points: Which side of the street do you want to walk on when there is no sidewalk— on the side of the street that faces oncoming cars, or on the other side, in the same direction as the cars? (Use props to demonstrate this for students)

Answer: When there is no sidewalk, we walk facing oncoming cars.

- We do this because it is easier for the drivers to see us because we can look through the windshield at the person driving the car and try to make eye contact. Ask what making eye contact means. Explain that this is a very good way of protecting yourself because looking at someone forces them to look back at you. Model this by looking several people directly in the eyes. Explain that if you are walking facing the cars you can tell if they have not noticed you, and you can get out of the way if you have to.

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- *If the question about riding bikes with traffic has been answered already, ask: What rule about walking is different from the one about riding? When we are riding, we are going a lot faster so we cannot react as quickly. We also know that more accidents are head-on crashes and that people seldom get hit from behind. In a head-on crash you suffer the combined force of both your speed and the speed of the car, making the impact greater. And of course, it also is against the law.*

Category: Safe Cycling

10 points: What is special about a lot of the clothing made for cyclists that helps to make riding a bike safer?

Answer: It is very bright and easy to see which makes it more **VISIBLE**

- *Extra credit: (and cannot get into the machinery of the bike); one team answered **TIGHT & BRIGHT***

20 points: What is the “Door Zone”?


Answer: The part of the street into which car doors open. When you are riding in the Door Zone next to parked cars, a driver or passenger might open a driver’s side door and you could run into it.

- *Ask how can we protect ourselves in the door zone? By looking for people in the cars, listening for engines and watching for tail lights and exhaust; we always go slowly and pay extra attention around parked cars.*
- *Mention how unsafe it is to weave in and out of parked cars; even when there is a large gap between them, it is better to choose a **PREDICTABLE** straight line on the road, far enough away from the parked cars ahead (demonstrate with your props).*

30 points: When riding on a shared-use bike path, you will often need to pass people who are walking. What are the three things you do to safely pass someone on the shared-use path? Demonstrate a scenario with your props.

Answer: (10 points for each)

- 1) Slow down
- 2) Let them know you are there by announcing yourself so that they can hear you, yet with consideration so you avoid scaring them(say “passing or passing on the left) or ring a bell or sound a horn.
- 3) Before you pull around them, look over your shoulder to make sure nobody is coming up behind you and ahead of you for anyone coming from the opposite direction.
 - *Demonstrate this final point with your props, showing how faster traffic could be coming; you can also use students to role-play*



40 points: Demonstrate the bicyclist's hand signals for turning right, turning left, and slowing down or stopping. What hand is used to make hand signals and why?

Answer: 10 points received for each answer

- 1) Left arm up at a right angle for turning right.
- 2) Straight out to turn left
- 3) Down at a right angle to slow and/or stop.
- 4) Right arm pointing to the right for turning right. This signal may be simpler to do than a right turn using the left hand, but it is closer to the moving car traffic as bikes ride on the right hand side of traffic. If a cyclist uses the right hand, it may not be as visible.

Category: Rules of the Road

10 points: When is it allowable to ride your bike against traffic?

Answer: Never.

- *Cars and bikes have the same rules – is it ever legal for a car to go the wrong way down a one-way street or drive on the other side of the road? NO!*
- *If the question about walking against traffic has been answered already ask: What rule about riding is different from the one about walking? When we are riding, we are going a lot faster so we cannot react as quickly. We also know that more accidents are head-on crashes and that people seldom get hit from behind. In a head-on crash you suffer the combined force of both your speed and the speed of the car, making the impact greater.*

20 points: According to Arizona law, which statement is true?

- 1) Bicyclists always have to stop at stop signs.
- 2) Bicyclists only need to stop at stop signs if there is a person, bike or car at the intersection.
- 3) Bicyclists don't have to stop fully at a stop sign if a car driver signals for them to go.

Answer: 1) Bicyclists always have to stop at stop signs.

- *Always obey traffic signs and signals; it's the car you don't see that is going to hit you (and the people/bikes you don't see that you'll hit/hurt).*
- *Cars and bikes have the same rules – do cars always have to stop at a stop sign? YES!*

30 points: Arizona law says that a bicycle rider must give hand signals before making turns. Multiple Choice:

- 1) If they feel like it
- 2) Unless you are talking on a cell phone
- 3) Always



Answer: 3) Always. Car drivers and bicycle riders have to follow the same rules.

- A driver can receive a citation for failing to give a turn signal. Turn signals are very important because that's how we let other road users know where we are going so we don't run into one another. It's important to start practicing using turn signals so that it will be automatic when you are older, and so that drivers can see your intentions. Be aware, however, that your hand signal does not control a driver's behavior—they will not necessarily give you the space for a turn when you signal it. Also keep in mind that drivers do not always use their turn signals, and that they sometimes have a turn signal on but fail to turn.
- Also, do not attempt a turn signal if it will cause you to lose control of the bike, as when braking downhill. Tell the students to practice riding with only the right hand on the handlebar if they currently feel uncomfortable doing so.

40 points:

- 1) What should you put on each time you get on your bicycle?
- 2) Why?
- 3) What is the average cost of treating a Traumatic Brain Injury in the hospital?
- 4) How many days on average does one spend in the hospital not including rehabilitation?

Answer:

- 1) Your helmet
- 2) Because it protects your brain in a crash
- 3) 21,000 dollars (cost in 1999)
- 4) 25 days in the hospital

Source – National Highway Transportation and Safety Administration – figures from 1999.
<http://www.nhtsa.dot.gov/people/injury/research/RehabCosts/pages/AppB.htm>



Additional Safe Routes to School Lesson Plans can be found at:
www.dot.pima.gov/tpcbac/SafeRoutes.htm

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