



Safety in Schools Week June 13th to 17th 2005

Bike Ed Unit – Police Road Safety Activity

Agency

Bike ED Unit – Police Road Safety Section

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Curriculum Framework Activity Outcomes

Learning Area

Learning Outcome

Specific Learning

Health and Physical
Education

1. Knowledge and Understanding.

- ◆ Demonstrating how to wear a helmet correctly.
- ◆ Identify ways to reduce or prevent bike-related injuries.

2. Attitudes and Values.

- ◆ Describing their beliefs about perceived risks associated with riding a bike.
- ◆ Describing their beliefs about perceived advantages of wearing a helmet correctly when riding a bike.

3. Self-Management Skills

- ◆ Demonstrate the application of decision making skills when assessing the consequences of riding without a helmet.

4. Interpersonal skills

- ◆ Working collaboratively with others in small group situations.
- ◆ Demonstrating assertive communication skills.

Phases of development

Early childhood (phase 1) & Middle childhood (phase2)

Activity resources required

- ◆ Kids and Roads Resource
- ◆ Bike Ed Kit
- ◆ The Helmet Files Year 5 Teacher Manual – School Bicycle Safety Project, WA Centre for Health Promotion Research, Curtin University
- ◆ Student Activity Books – Field Report #7
- ◆ Colour cards for group allocation (optional).

Procedure

(Activities from The Helmet File #6 Year 5 Teacher Manual pages 59-72)

(Extra activities from Bike Ed Instructor's Manual Part 2 and Kids and Roads)

1. Allocate students to groups of five and a Bike Buddy. Parent helpers desirable. Have groups move around the check points under direction of teacher. Students will need Field Report #7 from Student Activity Book.
2. Set up bike safety circuit on playground that includes check points -
 - ◆ Demonstrate how to wear a helmet correctly.
 - ◆ Assertive responses to pressure situations about wearing a helmet correctly.
 - ◆ Safe Riding Circuit – including
 - Riding a straight line
 - Riding slowly
 - Ride a figure 8
 - U-turn
 - Slalom
 - Intersections – starting, stopping, turning right/left, using hand signals
 - Riding between two objects
 - Riding in a narrow alley.
 - ◆ Scanning for traffic.
 - ◆ Processing – Why should people wear helmets when riding a bike? How easy is it to respond assertively in pressure situations?
3. Brainstorm – Why do young people fall from their bikes?
4. Brainstorm – For each reason why young people fall from their bikes, list ways these falls could be avoided.
5. Explain to students how to protect their head from injury when riding a bike or wearing a helmet.

Community Links

- ◆ Involve School Based Police Officer or invite local Community Policing Officer to participate in helmet checks; bicycle maintenance and bike theft prevention activities.
- ◆ Encourage P&C and school canteen to assist in organising breakfast activity or healthy reward for walking and bike riding participants.

Policy and Procedures

Are you aware of the schools written Health and Safety Policy? If not: -

- ◆ Refer to the Education Department's Risk Management Policy
- ◆ Visit the Kidsafe WA website for guidelines www.kidsafewa.com.au

Do you have safety structures and procedures in place?

- ◆ School Road Safety Policy including helmet use, scooter and bike use.
- ◆ Does the school have a first aid person? How do you access the first aid person?

Other resources available



Additional **Bike Ed Kits** are available from Police Road Safety Section.

Police Road Safety Display Trailer.

