

## Lesson Plan

<b>Activity Name</b>	<b>Build a Bike Trip: Safe Cycling Decision-Making Activity</b>
<b>Grade</b>	Grades 5-8
<b>Time</b>	30-45 minutes
<b>Summary</b>	Students explore cycling safety by building a realistic bike trip to school and making safe choices at each stage of the ride. Through interactive scenarios, students learn how everyday decision help reduce risk and support safe active school travel.
<b>Curriculum Connections</b>  <b>Accessed Online</b>	Grade 5-8:  Health and Physical Education: B. Active Living  B1. Active Participation: Participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives;  B2. Physical Fitness: demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;  B3. Safety: demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.
<b>Learning Goals</b>	By the end of this activity, students will: <ul style="list-style-type: none"> <li>• Understand key cycling safety principles and traffic rules for cyclists</li> <li>• Recognize how everyday choices impact personal and community safety</li> <li>• Develop decision-making, observation, and communication skills</li> <li>• Apply safe cycling strategies to real-life school travel scenarios</li> <li>• Recognize their role in promoting safe and active school travel</li> </ul>
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• PowerPoint presentation: Build a Bike Trip Activity Presentation</li> <li>• Chart paper or whiteboard for tracking Safety Points</li> <li>• Stickers or stars for scoring (optional)</li> </ul>

<p><b>Instructions for Activity</b></p>	<ol style="list-style-type: none"> <li>1. Prepare the classroom before starting: <ul style="list-style-type: none"> <li>• Display the Build a Bike Trip PowerPoint on a screen or projector.</li> <li>• Review the scenarios and correct answers ahead of time.</li> <li>• Decide how students will vote (hands up, small groups, or whole class).</li> </ul> </li> <li>2. <b>Introduce the topic</b> using the PowerPoint. <ul style="list-style-type: none"> <li>• The presentation introduces safe cycling concepts and explains how students will “build” a bike trip by making choices.</li> <li>• Explain that each safe choice earns ★ 1 Safety Point.</li> </ul> </li> </ol>
<p><b>Setting the Stage</b></p>	<ol style="list-style-type: none"> <li>1. Begin by asking students: <ul style="list-style-type: none"> <li>• “How do you usually get to school?”</li> <li>• “If you bike, what kinds of choices do you make before and during your ride?”</li> <li>• “What things can make biking safer or more dangerous?”</li> </ul> </li> </ol> <p>Briefly introduce <b>safe cycling</b> and explain that many injuries can be prevented by making smart decisions.</p>
<p><b>Introduction of Activity</b></p>	<ol style="list-style-type: none"> <li>1. Explain that students will become Safe Cycling Planners for a bike trip to school.</li> <li>2. Discuss why cycling safety matters: <ul style="list-style-type: none"> <li>• It helps prevent injuries</li> <li>• It keeps everyone on the road predictable and visible</li> <li>• It makes active travel safer and more confident for all students</li> </ul> </li> <li>3. Explain that the class will work through a bike trip step-by-step, making choices and learning from each scenario.</li> </ol>
<p><b>Core Activity</b></p>	<p>Step 1: Build the Bike Trip</p> <ul style="list-style-type: none"> <li>• Present each scenario slide (e.g., getting ready, choosing a route, approaching an intersection).</li> <li>• Students vote on what they think is the safest choice.</li> <li>• Reveal the correct answer and explain why it’s safest.</li> <li>• Award ★ Safety Points for safe choices.</li> </ul> <p>Step 2: Reflect and Analyze</p> <ul style="list-style-type: none"> <li>• Review how many Safety Points were earned.</li> <li>• Discuss patterns:</li> </ul>

	<ul style="list-style-type: none"> <li>• Which choices were easiest?</li> <li>• Which situations felt tricky?</li> </ul> <p>Step 3: Create and Communicate (Next day)</p> <ul style="list-style-type: none"> <li>• In small groups, students create a short safety message based on what they learned.</li> <li>• Options include:             <ul style="list-style-type: none"> <li>• Posters</li> <li>• Peer-to-peer safety tips</li> <li>• Classroom pledges.</li> </ul> </li> </ul>
<p><b>Reflection and Discussion</b></p>	<p>Bring the class together to discuss:</p> <ul style="list-style-type: none"> <li>• What surprised you during the bike trip?</li> <li>• Which safety choices do you think people forget most often?</li> <li>• How can small actions make biking safer for everyone?</li> <li>• How can students help promote safe cycling at their school?</li> <li>• Encourage students to connect cycling safety to broader goals like injury prevention, confidence in active travel, and community well-being.</li> </ul>
<p><b>Tips for Success</b></p>	<ul style="list-style-type: none"> <li>• Encourage discussion rather than rushing to answers</li> <li>• Keep explanations short and age-appropriate</li> <li>• Reinforce the Signal Sandwich (signal → shoulder check → signal → turn)</li> <li>• Emphasize that safety is about predictability, not speed</li> <li>• Celebrate effort: learning to ride safely is a skill that improves over time</li> </ul>
<p><b>Contact Information</b></p>	<p>For more information or any questions, contact us here:  <a href="http://activesaferoutes.ca/contact-us/">http://activesaferoutes.ca/contact-us/</a></p>