

Lesson Plan

Below is a lesson plan for teachers to use to teach their students Safe and unsafe situations that happen when cycling.

Section of Lesson Plan	Description
Activity Name	Cycle Safe Scenario Cards.
Grade	Grades 5-8.
Time	25 - 35 minutes.
Summary	This activity helps students learn about bicycle safety by exploring real-life riding situations and how to respond to them. Using printed scenario cards and an answer sheet, students work in small groups of 4–5 to discuss each situation and decide whether it is “safe” or “unsafe.” Once the cards are sorted, students check their answers using the instruction and answer sheet, which provides brief explanations for each scenario. The activity encourages discussion, critical thinking, and teamwork, and offers an interactive way for students to build confidence in navigating common situations they may encounter while cycling.
Curriculum Connections	Health and Physical Education Grade 5: A1.6, B3.1, B3.2 Grade 6: A1.6, B3.1 Grade 7: A1.6, B3.1, B3.2 Grade 8: A1.6, B3.1
Learning Goals	<ul style="list-style-type: none"> • Recognise and identify unsafe situations when cycling and explain why it is unsafe. • Recognise and identify safe situations when cycling and explain why it is safe.
Materials Needed	<ul style="list-style-type: none"> • Printed Cycle Safe Scenario Cards • Cycle Safe instruction and answer sheet
Instructions for Activity	<ul style="list-style-type: none"> • Before class, print and cut cards, enough sets for groups of 4-5.

	<ul style="list-style-type: none"> • Print instruction and answer sheet. • Set up tables for different groups.
Setting the Stage	<p>Begin with a discussion about what safe cycling looks like and what situations they may encounter:</p> <p>Ask students: “What are some situations you may face when riding your bicycle?” and “What are some ways we can keep ourselves safe when riding our bikes?”</p>
Introduction of Activity	<ul style="list-style-type: none"> • Explain that riding bicycles is a fun and active way of getting to school, but it can be dangerous if we do not take precautions and stay aware of our surroundings. • Explain that they will be working together to identify safe and unsafe situations that they could face when riding their bicycles. • Explain that they will learn why certain situations and circumstances are safe or unsafe.
Core Activity	<p>Students sort scenario cards into either “safe” or “unsafe” and explain why (20 minutes).</p> <ol style="list-style-type: none"> 1. Instruct students to form groups of 4-5. Each group will sit together at a table. 2. Give each group one set of the Cycle Safe Scenario Cards and the instruction/answer sheet. 3. Students will work together to sort the cards into a “safe” pile and an “unsafe” pile with an explanation for each choice. 4. After sorting each card, students will check their answers by matching the number on the card to the number on the answer sheet.
Reflection and Discussion	<p>After the activity, facilitate a short reflection with the class (5 minutes),</p> <ul style="list-style-type: none"> • “What is one thing you learned about safe cycling?” • Reflecting on the questions asked before the activity, ask again “What are some situations you may face when riding your bike?” • “What are some ways we can keep ourselves safe when riding our bikes?”
Tips for Success	<ul style="list-style-type: none"> • Encourage students to justify their answers.

	<ul style="list-style-type: none">• Encourage students to work together to sort the cards.
Contact Information	For more information or any questions, contact us here: http://activesaferoutes.ca/contact-us/