

Helmet Safety and Fitting Presentation

| Lesson Plan | Description |
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| Grade | Grades 5-8 |
| Time | 20-30 minutes |
| Summary | Students learn about the importance of wearing a properly fitted bicycle helmet to reduce the risk of head injuries. Through discussion, visuals, and interactive demonstrations, students explore how helmets protect the brain, how to recognize concussion symptoms, and how to correctly fit a helmet using the 2-V-1 rule. The lesson encourages students to make safe choices while cycling and understand their role in preventing injuries. |
| Curriculum Connections Accessed Online | Health and Physical Education <ul style="list-style-type: none"> Grades 4-6: D1.1 Supports - injury prevention, emergencies, bullying, violence Grades 4-6: D2.2 Personal Safety and Injury Prevention |
| Learning Goals | By the end of this activity, students will: <ul style="list-style-type: none"> Understand why wearing a helmet is important for preventing head injuries Identify basic signs and symptoms of a concussion Learn how to properly fit a helmet using the 2-V-1 rule Recognize when a helmet should be replaced Develop awareness of how helmet use contributes to personal and community safety |
| Materials Needed | <ul style="list-style-type: none"> PowerPoint presentation: Helmet Safety and Helmet Fitting Projector or screen Chart paper or whiteboard (optional for discussion) Worksheet: Helmet Safety Activity Sheet Markers or pens |
| Instructions for Activity | <ol style="list-style-type: none"> Prepare the classroom before starting: <ul style="list-style-type: none"> Display the Helmet Safety PowerPoint on a screen or projector Review the slides and key talking points ahead of time Print worksheets if using the reflection activity. |

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| | <p>2. Introduce the topic using the PowerPoint. Explain that helmets are one of the most important pieces of safety equipment when riding a bike.</p> <ul style="list-style-type: none"> • Ask students: • “Why do you think helmets are important?” • “When do you think someone should wear a helmet?” • Explain that helmets help protect the brain and reduce the risk of serious head injuries. |
| <p>Setting the Stage</p> | <p>Begin with a short discussion:</p> <ul style="list-style-type: none"> • “What could happen if someone falls off their bike?” • “Why do you think the brain needs protection?” <p>Introduce the idea that the brain controls everything we do: thinking, moving, learning, and that protecting it helps prevent serious injuries.</p> |
| <p>Introduction of Activity</p> | <p>1. Explain that students will learn how to protect their brains while cycling by understanding why helmets matter and how to wear them correctly.</p> <p>2. Discuss why helmet safety is important:</p> <ul style="list-style-type: none"> • Helmets help protect the brain from serious head injuries • Wearing a helmet can reduce the risk of injury during a fall or crash • A helmet only works properly if it fits correctly and is worn every ride <p>3. Explain that the class will learn about helmet safety and then complete a reflection worksheet</p> |
| <p>Core Activity</p> | <p>Step 1: Understanding Head Injuries</p> <ul style="list-style-type: none"> • Using the PowerPoint, introduce the concept of concussions. • Discuss common symptoms. • Emphasize that concussions are serious and should be checked by a doctor. <p>Step 2: Helmet Fitting: 2-V-1 Rule</p> <ul style="list-style-type: none"> • Introduce the 2-V-1 helmet fitting rule using the PowerPoint. <p>Step 3: When to Replace a Helmet</p> |

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| | <ul style="list-style-type: none"> • Emphasize that if a helmet is involved in an accident, it should be replaced even if it looks fine. <p>Step 4: Reflection Worksheet</p> <ul style="list-style-type: none"> • Hand out worksheet to be completed in class. • Can be completed in pairs. |
| <p>Reflection and Discussion</p> | <p>Take up the worksheet (answers found on the second page)</p> <p>Bring the class together to discuss:</p> <ul style="list-style-type: none"> • What new things did you learn about helmets today? • Why is it important for a helmet to fit properly? • What part of the 2-V-1 rule will be easiest to remember? • How can wearing a helmet help keep riders safer? <p>Encourage students to think about how their choices can help prevent injuries and promote safer cycling in their community.</p> |
| <p>Tips for Success</p> | <ul style="list-style-type: none"> • Use visuals and gestures to demonstrate the 2-V-1 rule • Encourage students to participate in discussion • Keep explanations clear and age-appropriate • Focus on positive safety messages rather than fear • Reinforce that wearing a helmet is a simple way to make cycling safer |
| <p>Contact Information</p> | <p>For more information or any questions, contact us here: http://activesaferoutes.ca/contact-us/</p> |