

## Lesson Plan

Below is a lesson plan for teachers to use to teach their students about safe cycling through understanding the rules of the road, and common road signs.

| Section of Lesson Plan        | Description  |
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| <b>Activity Name</b>          | Read the Road!   |
| <b>Grade</b>                  | Grades 5-8.  |
| <b>Time</b>                   | 40 - 50 minutes.   |
| <b>Summary</b>                | This activity helps students build bicycle and road safety knowledge by exploring the road signs and signals they may encounter while cycling. Using the <i>Read The Road! Bike Sign and Signal Basics</i> PowerPoint presentation, students learn the basic rules of the road, recognize common road signs, and practice how to signal to drivers when turning. After the lesson, students apply what they have learned by completing some of the following activities: Road Sign Matching worksheet or Signal Simulation. These activities promote engagement through interactive questions, active learning, strengthens critical thinking skills, and builds confidence in knowing how to respond in different situations. |
| <b>Curriculum Connections</b> | Health and Physical Education<br><br>Grade 5: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention<br><br>Grade 6: A1.6 Critical and creative thinking, B3.1 Injury safety<br><br>Grade 7: A1.6 Critical and creative thinking, B3.1 Injury safety<br><br>Grade 8: A1.6 Critical and creative thinking, B3.1 Injury safety  |
| <b>Learning Goals</b>         | <ul style="list-style-type: none"> <li>• Identify common road signs that cyclists may encounter.</li> <li>• Explain what key road signs mean and what cyclists should do when they see them.</li> <li>• Describe the basic rules of the road that apply to cyclists.</li> </ul>  |

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|                                  | <ul style="list-style-type: none"> <li>• Demonstrate how to use proper hand signals for turning and stopping.</li> </ul>   |
| <b>Materials Needed</b>          | <ul style="list-style-type: none"> <li>• Read The Road! PowerPoint.</li> <li>• Road Sign Matching worksheets for each student.</li> <li>• Road Sign Matching worksheet answers or Signal Simulation script.</li> </ul>   |
| <b>Instructions for Activity</b> | <ul style="list-style-type: none"> <li>• Before class, print out a worksheet for each student and one answer sheet for yourself.</li> <li>• Prepare and present the Road Sign Basics PowerPoint.</li> <li>• Give each student a worksheet or present the Signal Simulation activity.</li> </ul>  |
| <b>Setting the Stage</b>         | <p>Begin with a discussion about the rules of the road and what kinds of signs they have seen:</p> <p>Ask students: “What are some rules that cyclists must follow when riding their bicycles” and “What are some road signs you see on your way to school?”</p>   |
| <b>Introduction of Activity</b>  | <ul style="list-style-type: none"> <li>• Explain that riding bicycles is a fun and active way of getting to school, but it comes with responsibility, knowledge and awareness.</li> <li>• Explain that they will be learning about the rules of the road, road signs, and hand signalling.</li> <li>• Explain that they will get the opportunity to test their knowledge with an activity.</li> </ul>  |
| <b>Core Activity</b>             | <p>The class will go through the Read The Road! PowerPoint and follow up with the Road Sign Matching worksheet.</p> <ol style="list-style-type: none"> <li>1. Present the PowerPoint to the class, encouraging students to answer the road sign questions (30 minutes).</li> <li>2. Students will work independently or with classmates on one of the activities (10 minutes).</li> <li>3. After students complete the worksheet or Signal Simulation. Present worksheet answers to the class (5 minutes)</li> </ol> |

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| <p><b>Reflection and Discussion</b></p> | <p>After the activity, facilitate a short reflection with the class (5 minutes),</p> <ul style="list-style-type: none"> <li>• “What is one new thing you learned about road signs or signalling?”</li> <li>• “Why is it important for cyclist to follow the rules of the road?”</li> <li>• Encourage students to look for and identify road signs on their way home from school.</li> </ul> |
| <p><b>Tips for Success</b></p>          | <ul style="list-style-type: none"> <li>• Encourage students to engage with the PowerPoint</li> <li>• Encourage students to practice hand signalling.</li> </ul>   |
| <p><b>Contact Information</b></p>       | <p>For more information or any questions, contact us here:<br/><a href="http://activesaferoutes.ca/contact-us/">http://activesaferoutes.ca/contact-us/</a></p>  |