

## Lesson Plan

Below is a lesson plan for teachers to use to teach their students about how bike locks work and how to use them appropriately to prevent theft.

Section of Lesson Plan	Description
<b>Activity Name</b>	U-Lock It or Lose It
<b>Grade</b>	Grades 5-8.
<b>Time</b>	25 - 30 minutes.
<b>Summary</b>	This lesson teaches students how to properly use bike locks to protect their bike from theft. Students will learn what a U-lock and cable lock is, why it is important to use a lock, and the correct steps to lock a bike safely using a PowerPoint presentation. Students will then participate in an interactive “Thumbs Up” activity, where they evaluate different bike-locking situations and decide whether they are safe or unsafe. This activity encourages critical thinking, discussion, and helps students build confidence in making safe decisions when locking their bike.
<b>Curriculum Connections</b>	Health and Physical Education  Grade 5: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention  Grade 6: A1.6 Critical and creative thinking, B3.1 Injury safety  Grade 7: A1.6 Critical and creative thinking, B3.1 Injury safety, B3.2 Injury prevention  Grade 8: A1.6 Critical and creative thinking, B3.1 Injury safety
<b>Learning Goals</b>	<ul style="list-style-type: none"> <li>• Identify what a U-lock is and explain its purpose.</li> <li>• Differentiate between a U-lock and a cable lock.</li> <li>• Explain why it is important to lock their bike properly.</li> <li>• Demonstrate knowledge of the correct steps to lock a bike using a U-lock or cable lock.</li> <li>• Demonstrate how to use both a U-lock and cable lock together</li> </ul>

	<ul style="list-style-type: none"> <li>• Identify safe and unsafe bike-locking situations.</li> <li>• Explain how proper locking helps prevent bike theft.</li> </ul>
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• <i>U-Lock It or Lose It</i> PowerPoint</li> <li>• Digital or physical copy of <i>the Thumbs Up Thumbs Down</i> activity</li> </ul>
<b>Instructions for Activity</b>	<ul style="list-style-type: none"> <li>• Before class, prepare and review the <i>U-Lock It or Lose It</i> PowerPoint presentation.</li> <li>• Ensure the computer and projector are set up and working.</li> <li>• Prepare thumbs up/down activity document.</li> </ul>
<b>Setting the Stage</b>	<p>Begin with a discussion about bike safety and bike theft:</p> <p>Ask students: “Why do people lock their bikes?” and “What do you think could happen if a bike is not locked properly?”</p> <p>Explain that bikes can be stolen if they are not locked correctly and knowing how to use a lock properly can protect their bike.</p>
<b>Introduction of Activity</b>	<ul style="list-style-type: none"> <li>• Explain that riding bikes is fun, but it is important to keep bikes safe.</li> <li>• Explain that they will learn how to properly use a bike lock.</li> <li>• Explain that they will test their knowledge with a thumbs up or thumbs down activity.</li> </ul>
<b>Core Activity</b>	<p>The class will go through the <i>U-Lock It or Lose It</i> PowerPoint and follow up with the thumbs up/down activity.</p> <ol style="list-style-type: none"> <li>1. Present the PowerPoint to the class, encouraging students to answer questions and participate (20 minutes).</li> <li>2. Students will participate in the thumbs up or thumbs down activity by identifying whether bike-locking situations are safe or unsafe (5 - 10 minutes).</li> <li>3. After each example, explain the correct answer and why it is safe or unsafe.</li> </ol>

<p><b>Reflection and Discussion</b></p>	<p>After the activity, facilitate a short reflection with the class:</p> <ul style="list-style-type: none"> <li>• “What is one new thing you learned about using different bike locks?”</li> <li>• Why is it important to lock the bike frame to the bike rack?”</li> <li>• “What could happen if a bike is not locked properly?”</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 explain their thumbs up/down answers.</li> <li>• Use interactive questions to keep students engaged.</li> <li>• Reinforce key safety messages throughout the lesson.</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>