

Grades 3-5 / 20 minutes / TEACHER PLAN

# Before the ride

Identify planning questions to discuss with an adult before riding a bicycle.

## Before class

Student activity page and pencils; no equipment, devices or real-world hazard search required.

Preview the lesson and adapt it to approved school guidance. Use fictional examples; students may pass. Do not collect private student or medical information.

## 0-3 min / Introduce

Identify planning questions to discuss with an adult before riding a bicycle. Say: "We will use imaginary examples. You can point, draw, speak or pass."

## 3-7 min / Model

Read the first scenario aloud. Invite a response before sharing the answer guide. Model a calm question that asks the appropriate adult for help.

## 7-15 min / Practice

Use the student activity sheet. Discuss the other scenarios in pairs or as a class. For younger learners, read every prompt aloud and accept a drawing or pointing response.

## 15-20 min / Close

Use the exit ticket. Reinforce the approved school process relevant to the topic. Do not invite personal incident disclosures during group discussion.

## Access & participation

Read aloud, provide processing time and accept spoken, written, drawn or pointing responses. Follow individual accommodations. No public speaking or personal disclosure is required.

Grades 3-5 / STUDENT ACTIVITY

# Before the ride

## Think it through. Choose a helpful next step.

These examples are imaginary. Write, draw or discuss your response. You do not need to share a personal experience. For younger learners: an adult reads the prompts.

### 01 / Your helmet is loose and moves around. What should happen before riding?

What could this person do next?

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### 02 / Your group has not agreed where to ride. What question could you ask?

What could this person do next?

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### 03 / A rider wants to hold a phone while riding. What is a better plan?

What could this person do next?

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## One thing to take with you

Write or draw two things to discuss with an adult before a ride. This is a classroom activity, not an on-bike assessment.

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Grades 3-5 / TEACHER ANSWER GUIDE

# Talk about the why.

## 01 / Discussion point

Ask an adult to help check proper fit. A helmet should fit correctly and be worn for each ride.

## 02 / Discussion point

Ask the adult to agree a suitable route and riding boundaries before leaving.

## 03 / Discussion point

Put away distractions and focus on riding. Plan communication before starting; do not use a phone while riding.

## Optional family message

We discussed preparing for a bicycle ride: helmet fit, an agreed route and attention. Talk through your family's own riding rules; no ride or purchase is required.

## Reference / scope

NHTSA bicycle safety | <https://www.nhtsa.gov/road-safety/bicycle-safety>

Discussion and learning only. This is not emergency response training or a substitute for qualified school guidance.