

## **BikeSmart Curriculum & the Vermont Framework of Standards**

This curriculum addresses the following Standards from the Vermont Framework of Standards:

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### **BikeSmart: Grades K-3**

- 2.1 Students ask a variety of questions
  - b. ask questions to determine why events occur
  - d. ask questions that help make connections within and across fields of knowledge and/or between concepts; and
  - e. ask reflective questions that connect new ideas to personal experience
- 2.2 Students use reasoning strategies, knowledge, and common sense to solve complex problems related to all fields of knowledge
  - a. Use information from reliable sources, including knowledge, observation, and trying things out;
  - c. Justify and verify answers and solutions;
  - d. Identify patterns and connections (underlying concepts)
  - e. Transfer strategies from one situation to others
  - f. Implement an approach that addresses the problem being posed
- 2.3 Students solve problems of increasing complexity
  - a. Solve problems that are brief, clear, and concise
  - b. Solve problems in which the information needed for a solution can be organized within a simple system
- 3.5 Students make informed, healthy choices that positively affect the health, safety, and well being of themselves and others.
  - a. Explain how childhood injuries and illnesses can be prevented and treated
  - b. Describe relationships between personal health behaviors...set a personal health goal...
  - f. Wear seat belts when riding in vehicles, and a helmet when riding a bicycle

This lesson plan is comprised of 5 parts

1. Introduction: The Bicycle Driver
  - Thinking and being aware
  - Controlling the bike
  - The environment
2. Card 1: The Helmet
  - Wear a helmet every time!
  - Helmet fit: Eyes Ears Mouth test
3. Card 2: Dressed for Safety
  - Are you dressed to bike?
  - Are you prepared?
4. Card 3: Checking Your Bicycle
  - Does your bike fit?
  - Is your bike safe?
  - Intro to bike maintenance
5. Card 4: Safe Bicycle Driving
  - Heading out!
  - On the road
  - Hazards to look out for
  - Traffic laws
  - Be predictable
  - Giving space
  - Yielding
  - Fun
  - Riding with others

#### **Assessment:**

- Pre and post test (written)
- Students will be able to describe and demonstrate safe bicycle driving techniques illustrated in each of the 5 categories listed above, as observed by teachers and administrators outside the classroom.

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## **BikeSmart: Grades 4-8**

This curriculum addresses the following Standards from the Vermont Framework of Standards:

- 2.1 Students ask a variety of questions
  - c. ask questions to determine why events occur
  - d. ask questions that help make connections within and across fields of knowledge and/or between concepts; and
  - f. ask reflective questions that connect new ideas to personal experience
- 2.2 Students use reasoning strategies, knowledge, and common sense to solve complex problems related to all fields of knowledge
  - aa. Seek information from reliable sources, including knowledge, observation, and trying things out
  - bb. Evaluate approaches for effectiveness and make adjustments;
  - cc. Consider, test, and justify more than one solution
  - ee. Select and apply appropriate methods, tools and strategies
- 2.4 Students solve problems of increasing complexity
  - aa. Solve problems that require processing several pieces of information; and
  - bb. Solve problems that are related to diverse topics including the less familiar
- 2.3 Students make informed, healthy choices that positively affect the health, safety, and well being of themselves and others.
  - aa. Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease, injuries, pregnancy, and other issues
  - bb. Explain the relationship between positive health behaviors and the prevention of injury, disease, alcohol, tobacco, and other drug use, and premature death, and develop a personal plan for health
  - ff. Wear seat belts when riding in vehicles, and a helmet when riding a bicycle.

This lesson plan is comprised of 5 parts

1. Introduction: The Bicycle Driver
  - Thinking and being aware
  - Controlling the bike
  - The environment
2. Card 1: The Helmet
  - Wear a helmet every time!
  - Helmet fit: Eyes Ears Mouth test
3. Card 2: Dressed for Safety
  - Are you dressed to bike?
  - Are you prepared?
4. Card 3: Checking Your Bicycle
  - Does your bike fit?
  - Is your bike safe?
  - Intro to bike maintenance
5. Card 4: Safe Bicycle Driving
  - Heading out!
  - On the road
  - Hazards to look out for
  - Traffic laws
  - Be predictable
  - Giving space
  - Yielding
  - Fun
  - Riding with others

### **Assessment:**

- Pre and post test (written)
- Students will be able to describe and demonstrate safe bicycle driving techniques illustrated in each of the 5 categories listed above, as observed by teachers and administrators outside the classroom.