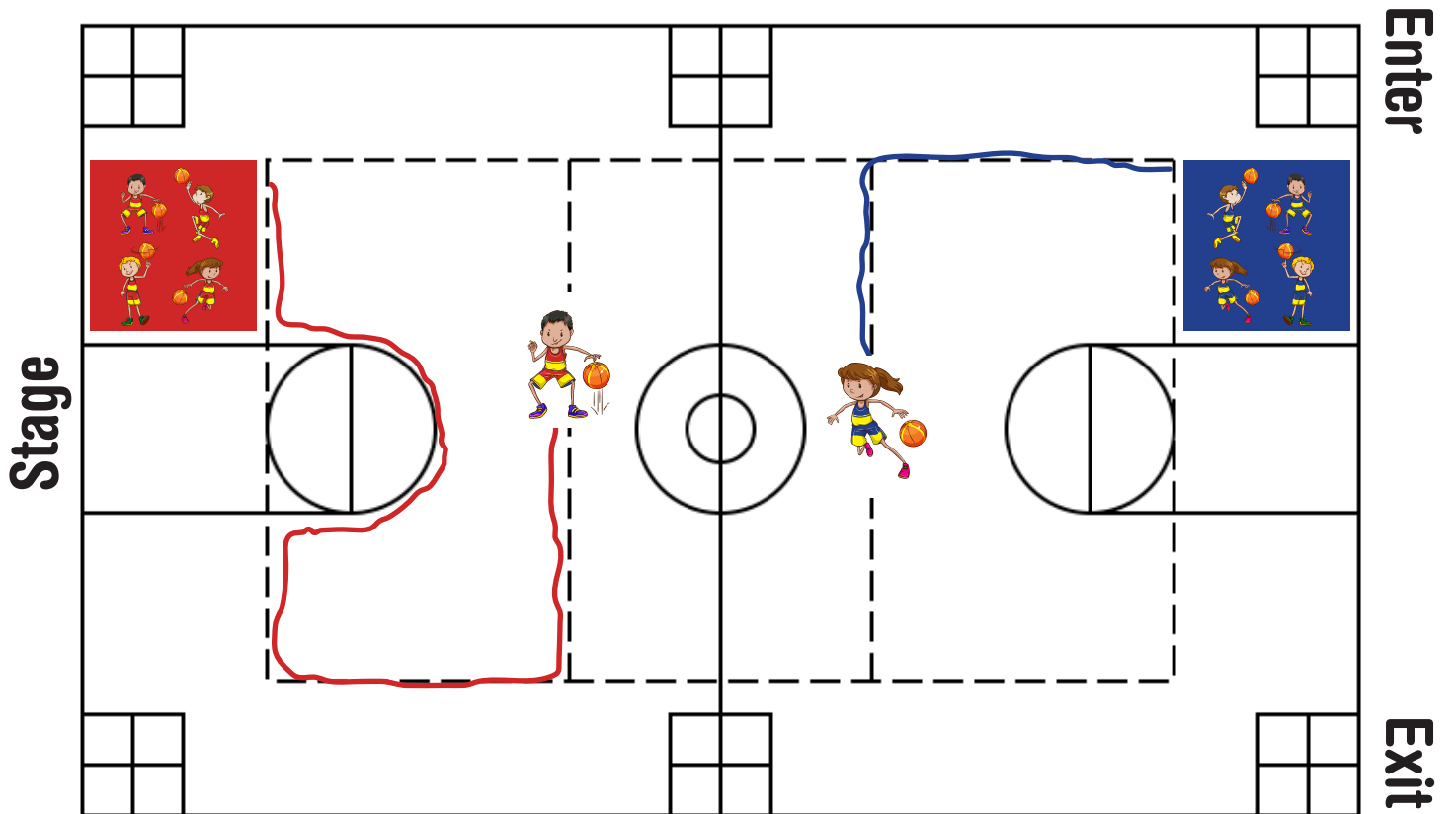


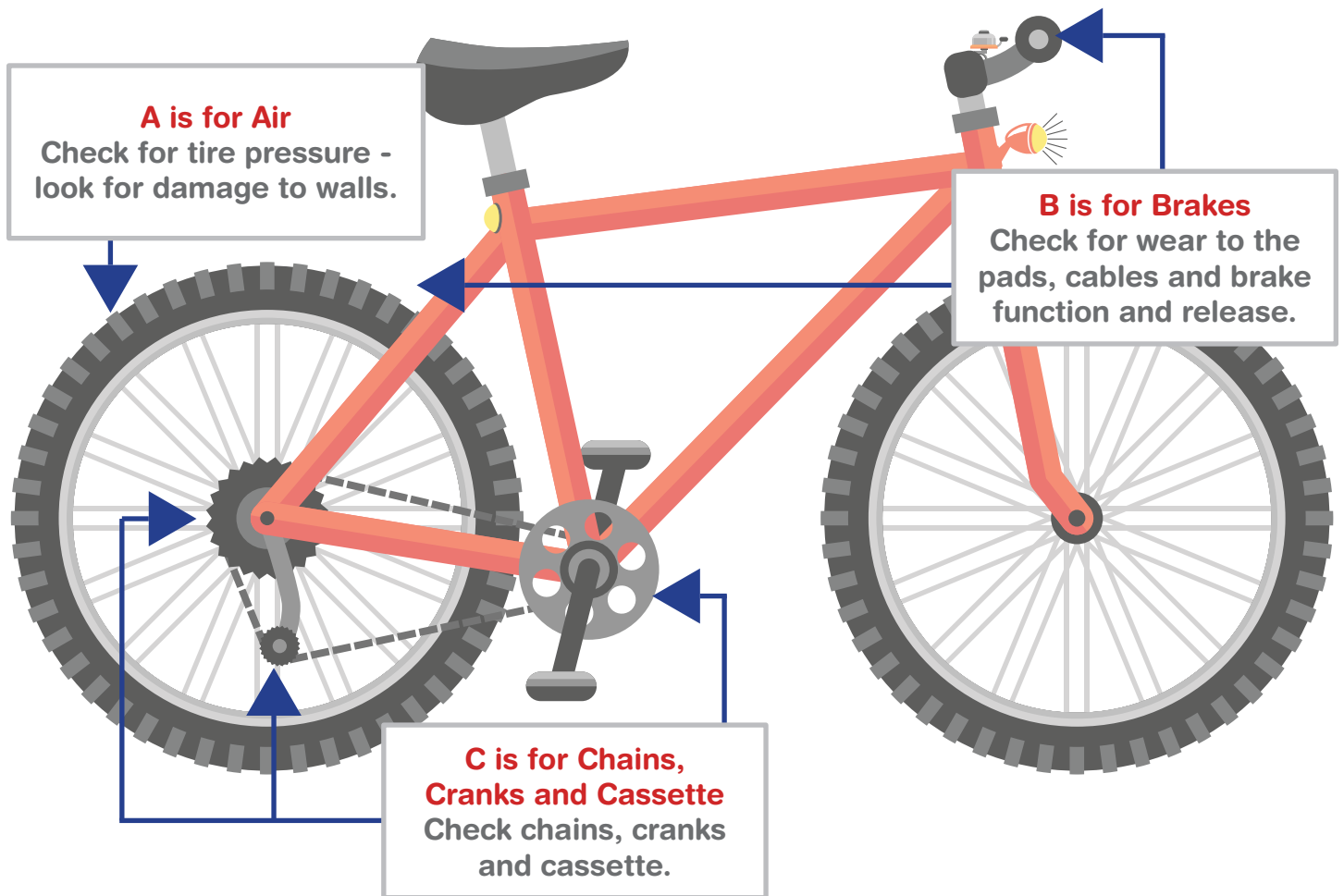
Game Gymnasium Set-up

Game Outline:

Students can travel any way they choose along the lines.



Bike ABC Quick Check



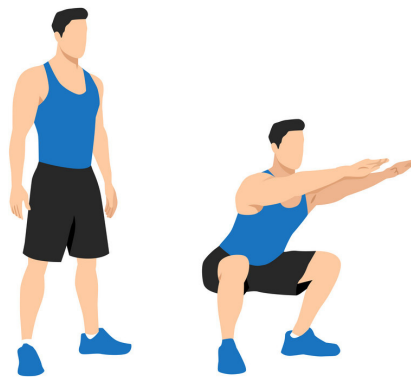
Gymnasium ABC

Quick Check Motions

A for Air

Students will perform 5 air squats - To simulate Pumping of their bicycles tires.

An example video is below:



Air Squats: <https://www.youtube.com/watch?v=snPs0n36L04>

B for Brakes

Students will perform a 10 second plank.

This represents stopping and checking the form and strength of your brake pads.

An example video is below:



Low Plank Hold: <https://www.youtube.com/watch?v=EtsyPORTj08>

Gymnasium ABC

Quick Check Motions

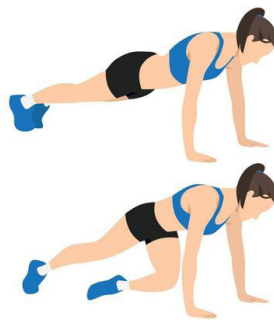
C for Chain

Students will perform 10 seconds of mountain climber crosses.

1. Assume a push-up position. Hands are underneath the shoulders.
2. Bring one knee up towards your chest.
3. Alternate between legs as though you are pedaling a bicycle.

This simulates the pedaling you would do on a bicycle with a well-maintained chain.

An example video is below:

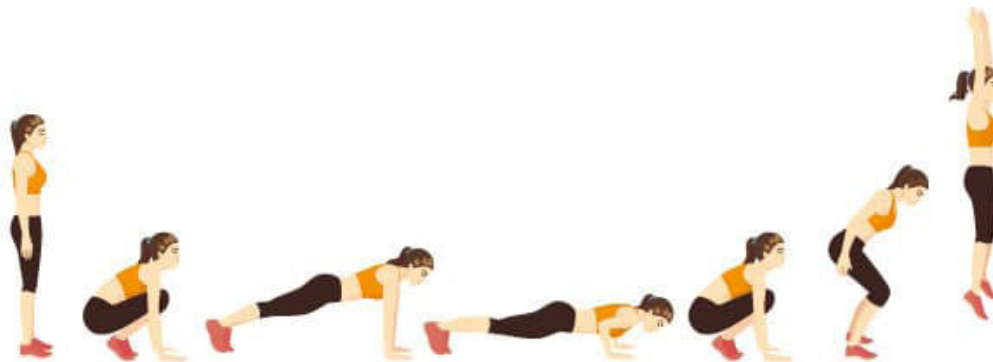


Mountain Climber Crosses: <https://www.youtube.com/watch?v=E2bhHMEFI7g>

Q for Quick Check Over!

Students will perform 10 seconds of burpees or half burpees to represent dropping their bicycle from a few inches to check for any loose and malfunctioning components.

An example video is below:



Half Burpees: <https://www.youtube.com/watch?v=t3z9lpjywg>

Bike Hand Signals

Cyclists, learn how to signal your intentions before turns and lane changes.



◀ LEFT TURN



◼ STOP



▶ RIGHT TURN



▶ RIGHT TURN
ALTERNATE

Helmet Safety

All riders should wear a helmet. No matter how old they are. In Ontario, it is required by law that **cyclists under the age of 18 must wear an approved bicycle helmet**. For children age 16 and under, a parent or guardian must make sure they wear a helmet. Children must wear an approved bicycle helmet when riding in a child carrier or a bicycle trailer.

Problem Solving:

To learn about the importance of helmet safety, students will break into small groups to work on various problem-solving scenarios.

Instructions:

- 1) Teachers print out and cut out the problem scenario cards (appendix 7).
- 2) Teachers explain to students the four step process to becoming a social problem solver.
 - **Identify the problem.**
First, students identify the problem.
 - **Create three solutions.**
Then, students create three different solutions that they could use to solve the problem that they identified.
 - **Identify the consequences.**
Next, students identify the consequences for each individual solution.
 - **Pick the best solution.**
Finally, students identify which of their three solutions is the best choice.
Then, students explain why they think their solution is the best solution.
- 3) Teacher divide students into small groups and provide them with a copy of the problem-solving map (appendix #6).
- 4) Teachers should model the problem-solving skills. Select a card and model the process. Teachers can state the problem, then come up with possible solutions, then identify the possible consequences to each solution, then pick and explain why a solution is the best option. Modeling the problem-solving process will assist students to use the systematic approach and proper vocabulary.
- 5) Hand each group one or two problem scenarios to work on.
- 6) After a predetermined time, have the class regroup and have each group share their problem and the solutions they developed.
- 7) Have class discuss each group's problem and the solution they came up with. They can discuss whether the group's solution is most effective or if there are solutions or problems to their solution they may not have thought of.

Problem-solving Map

What's the problem?

What are three ways you could solve this problem?

Solution #1	Solution #2	Solution #3

What are possible consequences of each solution?

Consequence #1	Consequence #2	Consequence #3

Which solution is the best consequence? (Circle One)

Why did you pick that solution?

Helmet Problem-solving Scenario Cards

Bike rider has a TON of hair and helmet is too tight

Your helmet was involved in a crash

Your helmet from last year is too loose

Your helmet from last year is too tight

Your helmet has been decorated with stickers and paint

Your helmet has been stored in the family car for six months

Helmet strap is too tight

You are only riding your bike down to the end of the street

Helmet Problem-solving Scenario Cards

Your friends are going for a ride and none of them are wearing helmets

You can't find your helmet so your dad lets you borrow his

Your helmet clip has a crack

Your new hairstyle has changed the fit of your helmet

Your helmet fell in the mud

The outside plastic on your helmet has a small crack

Your helmet slides around your head when you wear it

Your friend thinks helmets aren't cool

Helmet Problem-solving Scenario Cards

Your friend isn't wearing a helmet while biking with you

Your helmet from last year feels too small

You fell off your bike and your helmet hit the ground

You are only biking a short distance and don't feel like wearing a helmet

Your helmet was left out in the rain

Your helmet was left out in the sun

Your helmet looks great!
It doesn't look any different than the day you bought it six years ago

A family member used your helmet and messed up all the straps

Helmet Problem-solving Scenario Cards

Your puppy was caught nibbling the straps of your helmet

Your helmet is wobbly when you put it on

Your helmet was stored in the garage all winter

Your helmet was dirty and was cleaned with bleach

Bike Safety Quiz

Riding a bike can be a lot of fun! However, with great fun comes great responsibility! Let's test your knowledge to make sure you have what it takes to be safe on two wheels!

- 1) If you had a crash, or dropped your helmet hard, your helmet...
 - a) is still safe to wear
 - b) should be replaced
 - c) should be cleaned
 - d) Can be worn if it looks ok
- 2) Which item is NOT required by law to be on your bike?
 - a) Bell
 - b) Reflectors
 - c) Water bottle
 - d) Reflective tape
- 3) ABC quick check stands for:
 - a) Always Be Closing
 - b) Alert Bike Checking
 - c) Air, Brakes & Bar, Chain & Crank
 - d) Alert, Beware, Caution
- 4) When riding on streets, cyclists:
 - a) Have to follow the same laws as automobile drivers
 - b) Have to slow down when going through a stop sign
 - c) Should ride on sidewalk to avoid traffic, when it is safe to do so
 - d) Must ride with others
- 5) Helmets should be worn:
 - a) When you are going riding longer than a kilometre
 - b) When you are likely to encounter obstacles
 - c) Whenever you are riding your bike
 - d) Only when you feel like it
- 6) Bikes are considered vehicles.
 - a) True
 - b) False
- 7) When riding at night, cyclists should:
 - a) Ride on sidewalks to avoid traffic
 - b) Wear dark clothing to avoid distracting vehicles
 - c) Wear brightly colored and reflective clothing
 - d) Ride against traffic to ensure eye contact is made with drivers
- 8) Cyclist should:
 - a) Ride as far on the right hand side of the road as possible
 - b) Ride as far on the left hand side of the road as possible
 - c) Ride in the middle of the road when possible
 - d) Ride in-between cars and lanes when possible

Bike Safety Quiz

9) Identify the proper signal with each picture by writing A,B,C under each picture.

- a) Stop
- b) Right-hand turn
- c) Left-hand turn



10) Riding your bicycle against traffic on a two-way street or against traffic on an one-way street is:

- a) A way to ensure that drivers can see you
- b) Against the law
- c) Not advisable, but not illegal
- d) Allowed only in residential areas

11) Identify the correct way to wear your helmet by placing a check under the correct image.



Bike Safety Quiz

Answers

Riding a bike can be a lot of fun! However, with great fun comes great responsibility! Let's test your knowledge to make sure you have what it takes to be safe on two wheels!

- 1) If you had a crash, or dropped your helmet hard, your helmet...
 - a) is still safe to wear
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 - d) Only when you feel like it





- 6) Bikes are considered vehicles.
 - a) True**
 - b) False

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Bike Safety Quiz Answers

- 9) Identify the proper signal with each picture by writing A,B,C under each picture.
- a) Stop
 - b) Right-hand turn
 - c) Left-hand turn

			
B	A	B	C

- 10) Riding your bicycle against traffic on a two-way street or against traffic on an one-way street is:
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- 11) Identify the correct way to wear your helmet by placing a check under the correct image.

				
	✓			

Additional Resources

Sites

Student Resources:

Parachute Canada - Bike Safe

<https://www.youtube.com/watch?v=T50LWSX-jhg>

City of Greater Sudbury - Cycling Video <https://www.youtube.com/watch?v=S8WtBxvn840>

EAC Making Tracks - Personal Safety: Bike and Helmet Fit

<https://www.youtube.com/watch?v=P45KKZGQrOQ&list=PLRV9eVgc7xOroJAlmO9GZpaEFxNO-gYPu>

EAC Making Tracks - Before you cycle: ABC Quick Check

https://www.youtube.com/watch?v=zpWWvjv4P_A&list=PLRV9eVgc7xOroJAlmO9GZpaEFxNO-gYPu&index=2

EAC Making Tracks - Before to Cycle: What to Wear

<https://www.youtube.com/watch?v=7bHi2yAh0oI&list=PLRV9eVgc7xOroJAlmO9GZpaEFxNO-gYPu&index=3>

Additional Resources Sites

Teacher Resources:

Ontario Physical and Health Education Association (OPHEA) - Elementary - Cycling Curricular 2021
<https://safety.ophea.net/elementary/curricular/cycling>

Ontario Physical and Health Education Association (OPHEA) - Elementary - Cycling Curricular 2021
<https://safety.ophea.net/elementary/curricular/cycling>

The Ontario Ministry of Transportation - Guide to Safe Cycling
<https://files.ontario.ca/mto-young-cycling-skills-en-2021-09-16.pdf>

MTO Cycling Safety
<https://www.youtube.com/watch?v=2hkNlkr17LU>

MTO Young Cycling Guide
<https://files.ontario.ca/mto-young-cyclist-guide-en-2021-09-16.pdf>

City of Toronto - Cycling Safety
<https://www.toronto.ca/servicespayments/streets-parking-transportation/cycling-in-toronto/cycling-safety-education-theft-prevention/cycling-safety/>
