



# Safe Routes to School Education Manual

Resources for in-class and out-of-class education



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# INTRODUCTION

## **Acknowledgements**

Funding for the development of this guide is provided by the City of West Sacramento's Safe Routes to School 2.0 program in partnership with WALKSacramento.

## **About This Guide**

This guide contains a list of pedestrian and bicycle curriculum resources to help you determine the best education plan for your school. This list is a starting point for schools explore Safe Routes to School education but is not exhaustive of education options.

WALKSacramento is here to help support educational efforts and make it as easy as possible for school administrators and staff. If you have other ideas for education at your school, please share with us!

## **Who can teach pedestrian and bicycle education?**

Teachers and community partners can teach the curriculum. Each Lesson plan contains easy to follow teaching guides and assessments.

## **Which grades get education?**

Depending on school size and administrative preferences, which students or grades receive education can vary. Some schools teach pedestrian education to 3<sup>rd</sup> or 4<sup>th</sup> grade and teach bicycle education to 5<sup>th</sup> and 6<sup>th</sup> grade students. Other schools may decide that each grade will receive education. Alternatively, some schools choose afterschool or extra-curricular programs to teach pedestrian and bicycle education. Choose a method that will fit best with your current goals at the school.

## **How do I get safety information to students who do not get in-class education?**

Encouragement efforts such as, school-wide walking and biking competitions, Walk and Bike to School Days, regular walking school busses, bike rodeos, or clubs are a great way to supplement education and reach more students on a regular basis.

## **What if in-class education is not an option for my school?**

Out-of-class education such as recess education, or special events such as school festivals, are a great way to reach a higher number of students in a short amount of time. Out-of-Class education works best when reinforced with recurring education and encouragement efforts. Often times, schools may choose to combine in-class education and out-of-class education. If you want to learn more about out-of-class education, contact us at [contact@walksacramento.org](mailto:contact@walksacramento.org).

## **What comes after lessons?**

It is suggested that students take pre and post assessment tests measure their understanding of the material. Many lesson plans come with assessments already. If your curriculum choice does not, ask your Safe Routes to School Coordinator to provide assessments. School-wide Walk and Bike to School Day events are a great way to reinforce lessons learned in the classroom on a regular basis.

## **A Note on COVID-19 and Distance Learning**

During the COVID-19 pandemic, most classrooms across America have gone virtual with kids spending more time inside than ever. In light of these significant challenges, pedestrian and cyclist education—either in-person or virtual— can empower students with the information and tools they need to get outside and stay active safely. The Safe Routes to School 2020-2021 Education Manual has been updated to provide alternatives to in-person education with virtual lesson plans that can be done as a class or individually. We have still included in-person education activities and curriculum for schools who have returned to in-person or hybrid learning. If there is an in-person activity that interests you that you would like to find a virtual alternative for, please do not hesitate to reach out. We are happy to brainstorm with you and support you through this challenging time.

## **Companion Resources**

Pair this guide with the Safe Routes to School Encouragement 2020-2021 Manual to follow up pedestrian and cyclist education with fun activities kids can do at home with their families.

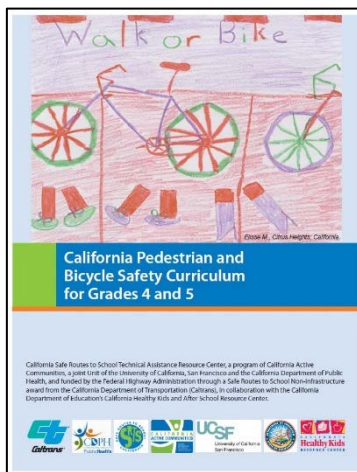
# IN-CLASS EDUCATION

In-class education is one of the most effective ways to educate students about pedestrian and bicycle safety. These lessons can be used in traditional classrooms, in distance or virtual learning, afterschool programs, or clubs.

## CALIFORNIA PEDESTRIAN AND BICYCLE SAFETY CURRICULUM

Grade Levels: 4 - 5

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The curriculum is aligned with the Common Core State Standards (CCSS), the National Health Education Standards, and the California Health Education Standards. The lessons are integrated with English Language Arts (ELA), Mathematics, Science, and Physical Education. The alignment with CCSS and integration with core subject areas allow the important messages of the Safe Routes to School program to be introduced along with grade-level requirements.

Through this series of nine lessons, based on Safe Routes to School program elements, fourth and fifth grade students will learn how to be safe pedestrians and bicyclists and understand the positive impacts that walking and bicycling have on their health and the environment. The curriculum emphasizes the importance of physical activity and pedestrian and bicycle safety skills while encouraging students to develop healthy habits that benefit both their physical and academic development. By participating in these lessons, students will gain real-life safety skills. They will evaluate how safe their neighborhoods are for pedestrians and bicyclists and be empowered to take action to make their neighborhoods safer.

The lessons in this curriculum are designed as a supplemental resource, so teachers and after-school providers can easily integrate key Safe Routes to School components into their existing lesson plans. The lessons can be taught consecutively as a unit or can be done as stand-alone activities. Suggested times are noted for all of the lesson components to allow teachers the flexibility to pick and choose the most appropriate activities.

[https://www.sonomasaferroutes.org/sites/default/files/pbsc\\_l1-9\\_final\\_3.2015.pdf](https://www.sonomasaferroutes.org/sites/default/files/pbsc_l1-9_final_3.2015.pdf)

## THE ACTIVE TRANSPORTATION ALLIANCE

Grade Levels: K-8

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**Note:** The following links are excerpts of the full curriculum packet. You can request the full curriculum from WALKSacramento.

### **Bicycle and Pedestrian Safety**

These classroom and physical education lesson books promote physical activity, bicycle, and pedestrian safety skills. These stand-alone lessons can be used at any time, in any order, and will easily fit into an educator's busy schedule.

- [2 Lessons for the Classroom excerpt \(PDF\)](#)  
Students participate in 30–50 minute lessons on topics such as transportation options, bicycle and pedestrian safety guidelines and being a safe citizen.
- [10-Minute Activities for PE Class excerpt \(PDF\)](#)  
Students learn to avoid hazards, follow traffic signals and use their own signals through a variety of enjoyable physical games and activities.

### **Subject Specific Curricula**

Help students explore academic subject areas while they learn about active, safe and environmentally friendly transportation. Lessons can be easily incorporated into existing curricula or used as enrichment activities. Lessons are 20-45 minutes long.

#### **Elementary**

- [Early Elementary English Language Arts excerpt \(PDF\)](#)  
A Family Bike Ride: Students engage in the writing process by reading and writing a short story about a fictional bike ride or walk.
- [Early Elementary Math excerpt \(PDF\)](#)  
Graphing Our Way to School: Students collect and graph statistical data through various pictorial representations
- [Late Elementary Math excerpt \(PDF\)](#)  
Students analyze school transportation data to examine relationships between modes of transportation, distance and age to determine possible financial savings of choosing alternate forms of transportation.

#### **Middle School**

- [Unlocking Your Future excerpts \(PDF\)](#)  
Engage students in problem-solving and team-building activities as they learn valuable information about sustainability and are introduced to jobs that promote active transportation. This four-unit curriculum includes activities on physical fitness, bicycle and pedestrian safety, health promotion, and skills to help students advocate within their schools and communities.

## **NATIONAL HIGHWAY SAFETY ADMINISTRATION**

**Grade Levels: K-12**

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### **The Child Pedestrian Safety Curriculum**

The Child Pedestrian Safety Curriculum teaches and encourages pedestrian safety for students grades Kindergarten through 5th Grade. It is organized into five lessons: walking near traffic, crossing streets, crossing intersections, parking lot safety, and school bus safety. Each lesson builds upon previous set of skills learned.

<https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum>

Includes:

- Lesson Plans
- Assessment Guide
- Student Response Form
- Parent/Caregiver Tip Sheets in Spanish

### **Pedestrian Safer Journey**

Interactive video lessons and quizzes that can be used in-class or individually.

<http://www.pedbikeinfo.org/pedsaferjourney/>

### **Bicycle Safer Journey**

Interactive video lessons and quizzes that can be used in-class or individually.

<http://www.pedbikeinfo.org/bicyclesaferjourney/>

### **ESL Guide for Teachers and Learners**

ESL guide and workbook to teach and encourage pedestrian and bike safety to adult immigrant students who are beginning English language learners

<https://www.nhtsa.gov/pedestrian-safety/english-second-language-esl-teachers-and-learners>

## **BIKEOLOGY**

**Grade Levels: 6-12**

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Bikeology is a ready-to-use bicycle-safety curriculum for physical education teachers and recreation specialists working with students in grades 6-12.

<http://www.shapeamerica.org/publications/resources/teachingtools/qualitytype/upload/bikeology-curriculum-part1-v2.pdf>

## SNELL FOUNDATION: HOW HELMETS WORK

Grade Levels: 9-12

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The Snell Foundation, located in North Highlands aims puts helmet safety to new standards. Education can include in-class educational videos, assemblies, and field trips to the lab. Great for science class, math class or clubs!

To learn more about in-class education, visit the [Snell Foundation's website](http://www.snellfoundation.org) or contact your Safe Routes to School Coordinator or email [contact@walksacramento.org](mailto:contact@walksacramento.org)

## WALK ACROSS AMERICA COMPETITIONS

Grade Levels: K - 12

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In addition to education, "walk across America" competitions are a great opportunity to integrate walking and biking with weekly geography lessons. Students can calculate how much they walked collectively and map it together. Make it into a school wide competition and the winning grade receives a smoothie party, fun recess activities, a golden sneaker trophy etc.

This can also be adapted to "Walk Across California" if students want to calculate their personal miles as an independent project.

Ask your Safe Routes to School Coordinator for information on materials:

<http://www.fitnessfinders.net/Mileage-Club-Map-p/126-mcmap.htm>

## ART PROJECTS

Grade Levels: K - 12

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### Poster Contest



Students create poster projects in any of the three categories:

- Why walking and biking is important for our health
- Why walking and biking is important for the environment
- Why it is fun / What they like about it

Display posters around the school to promote Walk and Bike to School Days. Make it a competition to engage the entire school.

Poster contests are a great addition to any lesson plan or a great project to do during winter school months for continuing encouragement.



## Video Voice



Video Voice projects are ideal for peer-to-peer learning. With these projects, students write, direct, and film short videos to discuss:

- Current walking and biking environment
- How to walk and bike safely
- Pick-up and Drop-off procedures

Example Project at Thomas Edison Language Institute: <https://vimeo.com/99355701>

## Yard Sign PSA Campaign

Students create yard signs to provide the community with safety tips or facts related to pedestrian and cyclist safety. Yard signs can be posted around school pick-up/drop-off zones, on traffic medians or sidewalks at high-conflict intersections, and along frequently travelled routes surrounding the school campus. A yard sign PSA campaign is a great way to reinforce any pedestrian and cyclist safety education curriculum. It can also inspire students to participate in civic engagement and think about their school within the context of the broader community. Make it a competition to encourage participation!

## SPARE THE AIR

Grade Levels: K - 12

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Sacramento Region's Spare the Air program works to provide up-to-date air quality information for residents. It also provides resources for students to learn about pollution and air quality.

<http://sparetheair.com/kids.cfm>

<http://www.aqmdscooter.com/>

<http://www.planetpolluto.com/cdrom.html>

# OUT-OF-CLASS EDUCATION

Out-of-Class education can be standalone or can complement education in the classroom.

## Who teaches?

Instructors vary depending on the activity and audience. Curriculum can be taught by teachers, after school programs, or other community members.

## BIKE RODEOS AND CLUBS

Grade Levels: K-12

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*Stonegate Elementary School Bike Club in West Sacramento takes a ride on the Clarksburg Branch Line Trail*

### Bike Rodeos

A bike rodeo is a clinic that teaches children how to ride a bike safely and navigate traffic rules.

Tip: Bike Rodeos are most successful when done after school or at an event where children are encouraged to bring their own bike.

### Bike Clubs or Active Clubs

Clubs can be formed to provide more in-depth knowledge for students who are ready to go beyond the basics of a bike rodeo. Bike clubs are a great way to introduce students to different biking styles, bike maintenance, and club rides.

## PEDESTRIAN & CYCLIST COUNT DATA PROJECT

Grade Levels: 5 – 12

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02  
CONDUCTING A  
PEDESTRIAN &  
CYCLIST  
COUNT 101

This interdisciplinary project spans math and social studies curricula to engage students with data collection, policy, and advocacy. Download the curriculum slides here: <http://bit.ly/pedbikcount>

## LUNCHTIME / RECESS EDUCATION

Grade Levels: 1 - 4

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Recess education is a great interactive learning experience when you want to reach a high number of students at one time. Activities are set up in stations with 1-2 volunteers at each one. Each station carries its own interactive 10-minute lesson. Lesson examples:

- Air Pollution / Emissions demonstration
- Crosswalk Knowledge – How to cross the crosswalk
- Bike Helmet Fitting and bike signaling

Grades are assigned 30 - 45-minute time slots to attend the activity and rotate through each station as a class. Many schools prefer this activity over assemblies because of the hands-on learning format.

If you are interested in hosting rotating stations at your school, send an email to [contact@walksacramento.org](mailto:contact@walksacramento.org).

## JEOPARDY

Grade Levels: 5 - 8

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Sonoma County Safe Routes to School has created a Pedestrian and Bicycle Safety Jeopardy game designed for fourth graders. This designed to be a fun way to test students' knowledge following the National Highway Traffic Safety Administrations 9-minute video "[Bike Safe, Bike Smart.](#)"

Materials:

- Activity Guide: [https://sonomasaferoutes.org/sites/default/files/pages\\_81-86\\_-\\_jeopardy\\_game.pdf](https://sonomasaferoutes.org/sites/default/files/pages_81-86_-_jeopardy_game.pdf)
- Question Cards: [https://sonomasaferoutes.org/sites/default/files/16\\_pages\\_jeopardy\\_questions.pdf](https://sonomasaferoutes.org/sites/default/files/16_pages_jeopardy_questions.pdf)

## ACTIVITY SHEETS

Grade Levels: 3 - 5

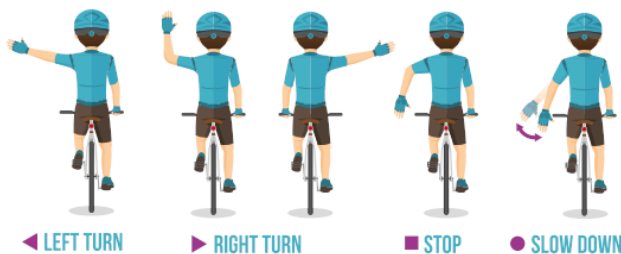
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- Bicycle Safety Memory  
Students cut out objects related to bicycle safety to test their knowledge and memory.
  - <https://i.pinimg.com/originals/49/01/c1/4901c1b341438d136ff0459443f10377.jpg>
- NHTSA's "Get to School (and Back Again) Safely" Game  
Students cut out game pieces and move along the board to try to get to school and back again safely. Along the way, they will be asked to answer questions related to pedestrian and cyclist safety.
  - [https://www.1960area.com/schools/board\\_game.pdf](https://www.1960area.com/schools/board_game.pdf)

## SIMON SAYS: BICYCLE HAND SIGNALS

Grade Levels: 3 - 5

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The teacher or recess monitor stands in front of the group of students and plays "Simon Says" by instructing students to use the appropriate hand signal for whatever direction they give (i.e. turn left, turn right, slow down, etc.). This is a fun way to help students remember the standard hand signals to stay safe while riding.

## PORTLAND SAFE ROUTES TO SCHOOL "IT'S RECESS TIME!" PROGRAM

Grade levels: 6 – 9

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Check out Portland Safe Routes to School's "It's RECESS Time" Program for a wide variety of recess activities students can do from home: <https://www.portland.gov/transportation/safe-routes-school/recess>. Activities focus on the theme of wellness—from stretching to strength exercises to random acts of kindness.