

# SAFE ROUTES CURRICULUM DESCRIPTIONS GRADES 2, 3, 4 & 6

## 2ND & 3RD GRADE : PEDESTRIAN & BICYCLE SAFETY UNIT

Students practice safe walking with an emphasis on crossing the street. This unit serves as an introduction to the safe practices students will learn throughout elementary school and beyond.



### 2ND GRADE: STOP, LOOK & LISTEN

#### 30 minute class - prerequisite for Walk Around the Block

Via a fun video featuring ASIMO, a friendly robot, students cover the basics of pedestrian street safety, focusing on crossing the street. Next, a Q & A highlights neighborhood safety and the importance of “Stop, Look, and Listen” before crossing a street.



### 2ND GRADE: WALK AROUND THE BLOCK

#### 30 minute class

In a miniature walking field trip, Walk Around the Block takes the class to a quiet street outside the school. After a review, students practice crossing the street in small groups with supervision. The walk also teaches students how to safely navigate driveways and cross the street mid-block.

### 3RD GRADE: PEDESTRIAN & BIKE SAFETY



#### 30 minute class

Instructors introduce bike safety skills and review pedestrian safety including crossing the street. Students learn: proper helmet and bike fit; how to check that a bike is safe; and how to ride predictably and responsibly.

## 4TH GRADE BICYCLE SAFETY UNIT

Lessons introduce bicycle safety, focusing on safe riding practices. The unit covers the benefits of biking, checking and fitting equipment, and safely riding on streets. A hands-on “bike rodeo” reinforces skills.

### 4TH GRADE: BIKE & TRAFFIC SAFETY



#### 30 minute class - prerequisite for Bike Rodeo

This classroom lesson begins with an introduction to the health and environmental benefits of cycling. Students learn proper helmet and bike fit and how to check a bicycle for safety. The class also covers key traffic laws, best practices for staying alert, and riding predictably and responsibly.

### 4TH GRADE: BIKE RODEO



#### 35 to 45 minute class

Held outdoors on the school’s blacktop, the Bike Rodeo’s three-to-four stations review key points from the classroom and address basic cycling skills like starting/stopping, navigating obstacles, and obeying the traffic laws. Students rotate between stations, practicing bike handling skills and the rules of the road on mock streets. Designed to accommodate varying skills, this lesson is both fun and confidence-building.

## 6TH GRADE: BICYCLE SAFETY UNIT

Building on prior lessons, students learn in the classroom and on the bike, with an emphasis on understanding traffic laws and riding confidently.

### 6TH GRADE: DRIVE THAT BIKE



#### 45 minute class - prerequisite for Bike Drills

A PowerPoint presentation illustrates the benefits and responsibilities of bike commuting, plus a brief look at bicycling’s history and social impact. An interactive component covers laws that govern cars and bikes. Students learn how to be visible, predictable, and mindful when riding on roads and multi-use pathways.

### 6TH GRADE: BIKE DRILLS



#### 35 to 45 minute sessions

Held outdoors on the school’s blacktop, students learn how to properly check a bicycle helmet for safe riding. Students rotate between stations practicing bike handling skills and the rules of the road on mock streets. Designed to accommodate varying skills, this lesson is both fun and confidence-building. Students are requested to bring their own bike and helmet; a small number of bikes and helmets are available for students unable to bring their own.