

Incorporating bicycle activities into other curricula

Language Arts

1. Write a short story or essay about one of these topics:
 - a) An interesting or amusing experience you had with your bicycle.
 - b) A bicycling crash or a near-crash that you witnessed. Describe what you saw, tell what you think caused the crash. How could it have been prevented?
 - c) A bicycling trip you took or would like to take.
 - d) A gift of a bicycle. Tell who gave the bicycle and who received it, and explain what the gift meant to each of them. This can be a true story or a make-believe one.
2. Complete the following story. Be as descriptive as possible.

"One sunny day I was riding my bike to my friend's house, thinking about all the fun we were going to have riding our bikes. I started thinking about our favourite thing to do on our bikes, which was..."

Social Studies

Learn about such topics as:

1. How the bicycle contributed to the paving of roads in North America.
2. How the bicycle contributed to the liberation of women.
3. The bicycle's use in Canada, in earlier years and now.
4. Olympic racing events or international racing events such as the Tour de France.
5. The importance of the bicycle in other countries, such as China, where it is the most common form of transportation.

Art

1. Have students draw their bike, including as many details as possible.
2. Have students create and draw a "super bicycle" of the future, with features they would like to see on a bike.
3. Have students make a map of the area between their home and school showing a safe route for a bicyclist to follow.

Music

1. Try out the Riding Right song in the Handouts tab at the back of this manual.
2. Look for other songs relating to bicycles.

Mathematics or Science

1. As part of a lesson on measurements, have students estimate the following distances:
 - a) one to one-and-a-half metres (the proper distance from the curb for cycling).
 - b) five to six metres (the distance before an intersection at which a cyclist should begin to move to the right if turning right).
 - c) 15 to 20 metres (a good distance before an intersection to look over your left shoulder in preparation for making a left turn).

Consider working in pairs, with one student standing at each end of the length. Then show the actual distances to give them an idea of how accurate their estimates are.

2. Take students to a nearby street and have them guess how long it will take a car to reach a designated point. Make the connection between this activity and the decisions a cyclist has to make when entering an intersection.
3. Have a volunteer (preferably an adult) ride a bicycle across the parking lot and then stop as quickly as possible. Measure the distance it took the cyclist to stop. Discuss with the class how this illustrates that a cyclist must look ahead for hazards to be able to stop in time. Repeat the activity with the cyclist travelling at various speeds. You may also have the students guess - before each trial - how many seconds it will take for the cyclist to stop completely.

Suggested Reinforcement Activities

Art

Have a school-wide safety poster contest.

Prepare props for bike rodeo.

Language Arts

Assign an essay on safe bicycling, using such topics as:

- a) Why it's important to follow safe bicycling practices.
- b) Unsafe bicycling practices I've seen in my neighbourhood.
- c) How the bicycle safety course (CAN-BIKE or Bike Rodeo) I took has changed the way I ride my bike.
- d) What we can do to make cycling on our streets safer.

Displaying or publishing the best essays will reinforce safe cycling knowledge and attitudes, as well as provide encouragement for students.

Social Studies

1. Write letters of thanks to sponsoring agencies (e.g. your health district, city council or school board) and the Saskatchewan Parks and Recreation Association, which funded the development of this resource kit.
2. If there are few safe areas for cycling in students' neighbourhoods, have them write to the Minister of Highways and Transportation or the Minister Responsible for Municipal Government to do something about the situation, such as providing wide, paved shoulders on the streets.

Physical Education

If enough bicycles and adult supervisors are available, take the class on a "fun ride" around the neighbourhood. Your local CAN-BIKE-trained instructors can offer suggestions on choosing appropriate routes.

Music

Write a song about bicycling.

Learn songs that have bicycling as a theme.