

Health Education Curriculum Elementary Grades (K - 5)

| | Kindergarten (Age 5) | Grade 1 (Age 6) | Grade 2 (Age 7) | Grade 3 (Age 8) | Grade 4 (Age 9) | Grade 5 (Age 10) |
|---|---|--|--|---|---|--|
| Concepts | Instructional Themes | | | | | |
| Cycling concepts, below, are presented according to students' needs described in attributes, at right | Following Models (examples of good and bad models) | Being Examples | Discovering Patterns | Getting the facts (how-to, right/wrong unambiguous) | Making Decisions (build on previous experiences, separating facts from myths) | Checking Expectations (peer pressure, parental and other expectations) |
| Page References | BR Bike Rodeo Planning Guide (Canadian Tire, BikeCentennial, or American Automobile Association; no page references, use Station number) SC Smart Cycling instructor's Manual (Canadian Cycling Association) CR Cycle Right instructor's Guide (Canadian Cycling Association) EC Effective Cycling, 6th edition (Forester) IC Introduction to Cycling Skills (Canadian Cycling Association) (CAN-BIKE course for ages 14 and older) | | | | | |
| Concepts | Knowledge | | | | | |
| Bicycle as vehicle | Things that drive on the road are vehicles. Your bicycle is a vehicle and not a toy. When riding on the road, you are part of traffic (SC 25-36; CR12-18; EC x-xiii, 246-331;531-532). | | | | | |
| | Examples of vehicles, bicycles | Share the road | How bikes operate as vehicles (SC 25-30; EC 246-257) | Why bikes operate as vehicles(CR 17-18; EC 246-257) | Expectations of other road users (EC 246-257, 524-534) | |
| Traffic | All the vehicles on the road make up the traffic on the road. | | | Vehicles in traffic follow common rules. | | |
| | Examples of traffic with bikes | Every cyclist is an example for others | Traffic has patterns, rules | How traffic works in different situations | Traffic situations require drivers to make choices | Expectations of other road users |

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| Rules of the Road | To be safe in traffic, everybody follows the same rules: The Rules of the Road (SC 26-35; CR 13-14, 18, 21-22; EC 246-257). | | | | As the driver of a vehicle, you have the same responsibility for following the rules as other drivers (EC 246-257). | |
| | Examples of cyclists following rules | | The rules are the same for everyone, so all users of the roads can be safe. | How cyclists apply the rules of the road | Why cyclists follow the rules of the road | Basic principles of traffic cycling (EC 246) |
| C Ride on the Right | Ride your bike on the right hand side of the road, going with traffic. | | | Ride .5m - 1m from the curb and 1m (door's width) from parked cars | | |
| C Yield | Always stop and look to make sure it's safe before entering the street. Let other traffic go first. | | | To yield to traffic means to let other vehicles have the right of way. When going from a smaller street to a larger street, yield to traffic on the larger street | | |
| C Right of Way | Let other drivers go first before you enter or cross a street (most cyclists this age will be entering from driveways or sidewalks) | | | Right of way defined (SC 27; CR 21; EC 251) | | |
| | | | | How: first come first served rule; space rule; driver at right rule; signs and signals rules. | Why: rules not arbitrary; history of driving on right; driver at left more able to stop on time. | Drivers behave toward other drivers in predictable ways because they expect everyone on the roads to use the same right of way rules. |

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| Pedestrians and sidewalks | If you ride on the sidewalk, watch for traffic in each driveway and lane. If you meet people walking, give them lots of room. | | | Pedestrians are people walking. They are the only ones allowed to use the sidewalks and crosswalks (you are now too old to ride there). If cyclists want to use these, they must walk their bikes. Yield to pedestrians because they have the right of way. | | |
| Visible | Bright clothes (white or yellow is best) help drivers see you easily (BR 2; SC 15, 28; CR 8, 12) | | | Don't dart between parked cars. Drivers can't see you until it's too late. Riding in a predictable way also helps make you visible (relates to positioning) (CR 18-20) | | Use lights and reflectors at night (EC 331-344) |
| | Examples of good clothing | Set an example for other cyclists | | | | |
| Predictable | Ride in a straight line and signal before you turn. Plan ahead. (SC 28) | | | Everyone knows the rules of the road. Other drivers expect you to follow these rules, the same as they do. Those who don't follow the rules surprise other drivers. (CR 18; EC x-xiii, 278-302, 504-515) | | |
| Signalling and Turning | Learn proper hand signals and use them. Check for pedestrians and for traffic coming from ahead, behind and the sides and turn when it is safe (SC 28-33). | | | Shoulder check to make sure there is no traffic behind. Yield to pedestrians and traffic having right of way. Use proper lane position for turns (SC 28-33) | | Ways to turn left; multi-lane roads (CR 14, 21-22; IC 11; EC 306-331). |
| Hazards | Typical hazards: puddles, potholes, wet or oily pavement, leaves, railroad tracks, glass, gravel (SC 28-29, 37-41; CR 12; IC 11; EC 201-208, 303-307) | | | | | |

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| Destination Positioning | Not applicable | | The best path through an intersection depends on where you want to be after the intersection (CR 17; IC 11; EC 293-302, 308-331) | | | Cyclist's turning-lane rules (EC 318) |
| Speed Positioning | Not applicable | | | The slowest traffic stays farthest right (CR 17). | | High speed (IC 11; EC 300, 309-312) |
| Helmet | Most people killed in bicycle crashes and collisions die from hitting their heads. You don't have to be travelling fast or fall very far. A helmet can save your life in a crash. Wear yours whenever you ride. | | | | | |
| | Attitude | | | | | |
| Cooperation | Traffic involves many people trying to go different places. This travel becomes safer and easier when all users of the roads cooperate. They can cooperate by: communicating with other traffic (signalling); following the rules of the road; using the roads in a predictable way; and being visible so others will see them and be able to cooperate with them (EC 246-257). | | | | | |
| Be responsible | Responsible cyclists pay attention in traffic and respect the rights of other road users. Responsible cyclists don't show off, ride double or ride with no hands. | | | | | |
| Respect your vehicle | Have your parents or other adult check your bike to make sure it is safe to use (SC 20-21). | | Before you go for a ride, check your bike. If you have a problem, have a parent or other adult fix it (SC 20-21). | | Keep your chain oiled, and tires pumped up. Tighten loose screws and bolts. Ask for help if you need it (EC 82-183). | |

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| | Skill | | | | | |
| Bicycle Care | Look after your vehicle (BR 1; SC 12-14, 20-21). | | Bike check (SC 20-21; CR 6-9). | | Bike check and basic maintenance (CR 5-7; IC 5-9; EC 4-50). | |
| Bicycle Handling | Most bicycle-related injuries are the result of falls. Practicing handling skills will improve your ability to ride and reduce the number of falls (SC 18-23; CR 6-11; EC 186-208) | | | | | |
| C Balance | Dodge-em Drive (BR 8; SC 18-22). | | | Balance drills (SC 21-22; CR 9-11; IC 7-10). | | |
| C Turning | Rock Dodge, Dodge-em Drive (BR 7, 8; SC 18-22). | | | Turning drills (SC 21-22; CR 9-11; IC 7-10). | | |
| C Stopping | Chaos Corners, Demon Driveways (BR 3, 4; SC 18-22). | | | Stopping drills (SC 21-22; CR 9-11; IC 7-10). | | |
| On-Road Traffic Skills | Not applicable | | | | Group riding, intersections, parked cars (CR 21-22; IC 12-13) | |