



Upper Primary Bike Safety Activities

Here are some activities and resources that you can use to incorporate bike safety into your classroom. They cover topics such as safe bikes, safe riding, riding equipment and provide the associated curriculum links underneath.

English 	Maths 	Science 	Health and PE 
HASS 	Technologies 	The Arts 	

Persuasive writing and debating topics

Bicycle safety, and road safety in general, can be good topics for students to write about in persuasive writing, or to develop a debate for. Some examples of topics relating to bike safety could be:

- *Cyclists over 18 should not have to wear a helmet*
- *People should get a licence to ride a bike on the roads*
- *It's better for children to get dropped at school in a car than to cycle to school.*

-  **Personal, Social and Community Health-Contributing to Healthy and Active Communities-** Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as: bicycle safety ACPPS058



- **Language- Text Structure and Organisation-** Understand how texts vary in purpose, structure and topic as well as the degree of formality ACELA1504
- **Literacy- Interacting with Others-** Plan, rehearse and deliver presentations for defined audiences and purposes incorporating accurate and sequenced content and multimodal elements ACELY1700

Bike safety checks

Students can research the ABC (D) bike safety check online and create a chart or infographic about how to check your bike for safety using this method. They can record their findings on the Bike Safety Check sheet provided.

- **Personal, Social and Community Health-Contributing to Healthy and Active Communities-** Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as: bicycle safety ACPPS058
- **Literacy- Interpreting, Analysing, evaluating** Use comprehension strategies to analyse information, integrating and linking ideas from a variety of print and digital sources ACELY1703

Being bright and seen- safe clothing reflects the light (Year 5)

Including bicycle reflectors and reflective material is a great way to incorporate bike safety into science lessons when studying Year 5 physical sciences.

- When discussing how light reflects, use of bicycle reflectors and a torch could simulate what happens when car headlights shine onto a bicycle in the dark. Compare to shining a light onto other parts of the bike without the reflectors and see what the difference is and why it is the law to have reflectors on your bike. You can further extend by investigating how reflectors work and will reflectors always work? What else can you do to be seen? (light/ bright and reflective clothing/ reflective tape).
- **Science understanding- Physical Sciences-** light from a source forms shadows and can be absorbed, reflected and refracted. ACSSU080



Helmets of the Future

Ask students to think about the future of helmets and how they could be designed in the future to protect riders in different ways. For some inspiration you may want to look at these 'Sci-fi cycling' safety gadgets that already exist https://rac.com.au/car-motoring/info/future_cycling-safety-gadgets. Students can design a 'helmet of the future', using the attached worksheet if desired.

- **Process and Production Skills- Creating Solutions by: Designing-** Develop and communicate alternative solutions, and follow design ideas, using annotated diagrams, storyboards and appropriate technical terms WATPPS29

Bike Safety Comprehension

Read the article '*Fewer Australian children ride their bikes to school*', published in The West Australian on 29th August 2017. It looks at why students riding bikes to school is decreasing and uses a Perth School as an example for increasing student cycling. The article can be accessed via this link <https://thewest.com.au/news/wa/safety-fears-stymie-bike-trips-ng-b88581716z> or on the paper copy as part of the **comprehension activity**. After reading, students can discuss and answer the associated questions.

- **Literacy- Interpreting, Analysing, evaluating-** Use comprehension strategies to analyse information, integrating and linking ideas from a variety of print and digital sources ([ACELY1703](#))
- **Personal, Social and Community Health-Contributing to Healthy and Active Communities-** Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as: bicycle safety ([ACPPS058](#))



Bike safety Comprehension: Read the following article published in *The West Australian* and answer the questions below.

Fewer Australian children ride their bikes to school

Grant Taylor | The West Australian
Tuesday, 29 August 2017 12:40AM

Health experts are concerned about a big fall in children's bicycle sales, with new research showing just 10 per cent of Australian kids regularly ride a bike to school.

Figures provided by bicycle importers show sales have been falling steadily over the past 10 years, falling from 491,000 in 2007 to 382,000 last financial year.

A survey of parents found that safety fears were the main reason most did not want their child to ride a bike to school, with 60 per cent preferring to drive them.

But Heart Foundation national chief executive John Kelly said attempts by parents to protect their children could have unintended consequences such as reducing activity, which could lead to problems such as obesity in later life.

He said just 7 per cent of children were doing the recommended one hour a day of exercise and habits learnt in childhood were often carried through into adult life.



West Leederville Primary School's Michael McInerheney with regular riders Anna Lubich, Joshua Maxwell and Riley Moore. Picture: Nic Ellis



“It is vital we encourage daily physical activity for all our children and the daily trip to school is one of the best value investments we can make for their future health,” Professor Kelly said.

Australian Cycling Promotion Foundation spokesman Stephen Hodge said the figures showed that governments urgently needed to invest more heavily in cycling infrastructure, especially around schools, to give parents greater confidence to let their children ride.

“In areas where safe routes to school exist, kids are happily commuting by foot, scooter and bike with the full support of parents and teachers,” he said. “We call on governments at all levels to focus on safe routes to school for our children as a first step to building a healthier, more engaged and more successful future generation.”

West Leederville Primary School is one school that is bucking the national cycling trend, with about one-quarter of its students riding to school regularly during warmer months.

The number falls to about 15 per cent in winter, which is still well above the national average of 10 per cent.

The school takes part in the Let’s Ride program, which teaches Year 3 and Year 4 students to respect the road rules, as well as giving them practical training on how to handle their bike safely and how to avoid putting themselves in danger.

“We know that our kids like to be active and either walk or ride to school, and a lot of our mums and dads have gone out and bought bikes for their kids after they have done the course,” associate principal Michael McInerheney said.

Sourced from <https://thewest.com.au/news/wa/safety-fears-stymie-bike-trips-ng-b88581716z>



Questions for students to answer in workbook:

1. What is the main reason suggested as to why parents do not allow their children to ride to school?
2. What could be an unintended consequence of parents driving their kids to school?
3. What are some safety concerns you think parents may have with children riding to school?
4. What was something mentioned in the article that might give parents more confidence to let their child to ride to school?
5. Use a dictionary to look up infrastructure. What does it mean?
6. What is an example of something that could be considered infrastructure?
7. What do you think could help to increase the number of Australian children riding to school?
8. West Leederville Primary claims that up to one quarter (25%) of its students ride their bikes to school in warmer months. How many students at your school would have to ride their bike if 25% of students were riding?

ABC (D) Bike Safety Check



Research the ABC (D) bike safety check and note down the information you find, and where you found it, in the boxes below.

	Notes	Where I found the Information
A=		
B=		
C=		
D=		

Can you use this information to create an infographic or poster to inform others about this easy bike check?



Helmets of the Future



What does the future hold for bike helmets? Your job is to design a helmet for people to wear in the future. It is entirely up to you how you do this- you may want to look on https://rac.com.au/car-motoring/info/future_cycling-safety-gadgets for inspiration. Your helmet may even look completely different to helmets we have now. The only requirements for your helmet are

- It must protect the rider's head and improve their safety
- It must have some way to stay on the rider

Draw/ list your ideas here

Select your best idea and draw it here- label all the features