

Road Safe

Years 7–8

Focus area 1

This section of the Road Safe programme contains one of the following focus areas for students at years 7–8 (ages 11–12):

1. **Safety checks**
2. Out and about in traffic
3. Out and about responsibly
4. Cycling out and about
5. Out and about socially

Note: Research suggests that an effective programme should include learning experiences from each of the focus areas.

Focus area 1: Safety checks

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Focus area 1: Safety checks

Focus question

What can I do to get ready for cycling safely on the road?

Explanation

This focus area introduces students to the cycle safety programme.

Notes for the teacher

Ideally, this learning experience should be completed two weeks before starting Focus area 2. This will allow plenty of time for students to have any necessary repairs done to their cycles and acquire a standards-approved cycle helmet before these are required for cycling activities.

Copysheet: **Letter to Parents** will need to be sent home before this session.

Curriculum links

Key Competencies: Thinking (thinking about actions as a road user); Managing self (taking responsibility for keeping safe)

Learning areas: Level 4 Health and Physical Education: Strand A – Safety management

Resources

Copysheet: Letter to Parents

Copysheet: Bicycle Checklist

Video: **A Fit for Life** (available from your School Community Officer)

Cycle expert, such as School Community Officer, cyclist skills trainer, top cyclist, mechanic, owner of a cycle shop

Students' own cycles and cycle helmets

Success criteria

At the end of this focus area students will be able to:

- check a cycle to see if it is safe
- check a cycle helmet for safety
- can fit a cycle helmet correctly.

Learning experience: Getting ready for the road

Learning intentions

By the end of this learning experience students will be able to:

- check a cycle to see if it is safe
- check a cycle helmet for safety
- can fit a cycle helmet correctly.

Activity

The expert identifies all the parts of a cycle and demonstrates a safety check. This is best done on a cycle propped up on desks or a platform, so that all students can see. Give students Copysheet: **Bicycle Checklist**. They use this to check their own cycles, assisted by the teacher and expert. Buddy non-bike owners up with bike owners.

Students take the checklist (and Copysheet: **Letter to Parents**) home and have two weeks to rectify any faults.

Show students the video **A Fit For Life**. Each student now checks that their cycle helmet is standards-approved and is in a safe condition. They fit their helmet correctly. The teacher and expert assist with this.

Note: If any of the cycles prove to be in a dangerous condition, or cycle helmets are unsafe, this should be handled in line with the school's policy.

- Ask:
- Why should your helmet be safe?
 - What might happen if your helmet was not correctly fitted?
 - What is the problem with wearing a friend's cycle helmet?
 - When should you wear your cycle helmet?
 - How often should you check your cycle for safety?
 - What other things should you do to make sure your cycle is in good condition?

Copysheet: Letter to Parents

Dear Parent or Caregiver

Over the next few weeks your child will be doing the school's road safety programme. It will revise and reinforce skills your child has as a safe passenger, pedestrian and cyclist. They will learn to be safe road users who are considerate of others and will offer practical help when needed.

During the programme there will be some activities that you will be asked to participate in. This will help to make the programme more meaningful for your child.

Please remember the importance of being a positive role model and demonstrate this when driving, walking or cycling in the community.

If your child has a cycle, could they please bring their bike and their helmet to school on:

Please contact me if you would like more information.

Classroom teacher

School Community Officer

Copysheet: Bicycle Checklist

Student completes:

Name of owner: _____

Type of cycle: BMX / Road / mountain / other (circle the ones that apply)

Colour: _____

Frame or Identification Number: _____

Stamped on: bottom bracket rear fork near seat pillar (circle the one that applies)

Adult checking cycle completes the following checklist:

| Safety feature | OK | Repair or adjust | Comment |
|--|----|------------------|---------|
| Frame fit (can be straddled) | | | |
| Seat (secure and suitable height) | | | |
| Handlebar (position safe, secure) | | | |
| Headset | | | |
| Handgrips/handle bars tape (secure, ends covered) | | | |
| Front brake (if there is one) | | | |
| Back brake | | | |
| Wheels | | | |
| Pedals (with yellow reflectors) | | | |
| Chain (adjusted correctly & oiled) | | | |
| Rear reflectors | | | |
| Suitable for riding at night | | | |