

Jeopardy Time!

Subject: Health



OVERVIEW: Students will learn basic pedestrian and bicycle safety rules, and reasons for walking and bicycling in this Jeopardy-style game show.

BACKGROUND: This lesson discusses some important facts about bicycle and pedestrian safety in a fun and interactive way. Prior to this lesson, students should have had the Helmet Safety Lesson. In this activity, students watch a short video about safe cycling, then play a game that allows them to demonstrate and develop bicycle and pedestrian safety knowledge. The game is based on the television game show Jeopardy. The class is divided into 2-4 teams of up to 10 students (usually named for one of the 4 fantastic reasons to walk/bike). The point system dynamic may be too competitive for some classrooms, in which case the questions in each category can be referred to as levels 1, 2, 3 and 4.



OBJECTIVES:

- Students will learn bicycle and pedestrian safety rules in a fun quiz show lesson.



MATERIALS:

- Question sheets
- Question Cards
- 9 Minute Video: *Bike Safe Bike Smart* (available for free from NHTSA)



SETTING: classroom



ESTIMATED TIME:

45 minutes



VOCABULARY:

Pedestrian, percentage



ACTIVITY SOURCE:

Transportation Authority of Marin's Safe Routes to Schools Program



LESSON SET-UP:

1. Familiarize yourself with the game rules.
2. Write up the game board on butcher paper or on the board, or use the question cards that are located in the Materials Section.



STATE STANDARDS

Health:

Practice how to take personal responsibility for engaging in physical activity.

Explain the importance of safety at play, including wearing helmets, pads, mouth guards, water safety vests, and other safety equipment.

Make a personal commitment to use appropriate protective gear while engaging in activities.

Follow safety rules and laws at home, school, and in the community.

Jeopardy Time!

BUILDING BACKGROUND/ DISCUSSION:

ACTIVITY:

Show Video: **Bike Safe, Bike Smart.**

Introduce the game; this game will test students' knowledge of bike and pedestrian safety. Discuss why it's important to walk and bike, introducing the **Fantastic Four Reasons** to walk and bike to school:

- ✓ Cutting down on pollution
- ✓ Getting good exercise
- ✓ Cutting down on traffic
- ✓ Having fun

Explain the rules:

- The class will be divided into three to five teams.
- Each team will have a scorekeeper, who will keep track of the points on the blackboard or other central location. Keep track of the score by writing down the name of the team and points generated by the answers.
- Have each team choose a name.
- Teams will alternate choosing a category and point value/level.
- Teams will alternate answering questions. Some questions are true-or-false, multiple-choice, or provide the answer. **Note: Further discussion options have been italicized.**
- The teacher may determine if a team should be awarded partial points.
- Teams should work together to come up with the answers.
- There should be a spokesperson for the team who either answers the question on behalf of the team or defers to another member to answer.
- Teams should write their answers down on a piece of paper and show the teacher.
- Choose the prizes for winners together; teams don't have to do homework that night, or get to be dismissed for recess first, etc.
- Have fun! If students get too rowdy, you can take points away from that team.

JEOPARDY GAME BOARD

Walk this Way	Preparing to Ride	Safe Cycling	Rules of the Road
10	10	10	10
20	20	20	20
30	30	30	30
40	40	40	40

EXTENSION IDEAS

1. Have students choose one of the question topic sections. Have them write a paragraph that summarizes what they learned about this topic.
2. Alternatively, have students write a persuasive essay to their peers or parents explaining why they should walk or bike to school.
3. Keep track of how students get to school over the next week, through a graph.

Jeopardy Questions

Walk This Way

10 points: What are the three things you should do every time you come to the “edge” of the sidewalk or a roadway?

Answer:

1. Stop
2. Look- left, right and left again (discuss why left first and twice)
3. Listen

20 points: Sometimes cars are parked along the street and you have to step out from between two parked cars. Explain why it is dangerous to walk out from between parked cars.

Answers:

- A driver in a parked car could move and hit you.
- The cars are blocking you so that other drivers cannot see you and it is hard for you to see the driver.

30 points: What should you do if you are halfway across the street and the green WALK signal changes to the red DON'T WALK signal? You should_____.

- a. keep walking at a normal pace.
- b. turn around and go back.
- c. run the rest of the way across the street.

Answer: *a. Keep walking at a normal pace. Never run in the street. Ask, why we never run in the street? Ask students if they ever fall down. Ask, Do you fall more often when you run or when you are walking? They need to understand that falling in the street is very dangerous.*

- Explain that even after the don't walk signal starts flashing, opposing traffic remains at a red light for a few seconds longer so pedestrians have a chance to get across the street.
- Mention always to activate a crosswalk signal if there is one at a traffic light, to ensure there will be enough time, unlike a green light activated for a single car.
- Mention the countdown signals and how much time you typically take to cross a street (this can be their homework assignment).

40 points: Which side of the street do you want to walk on when there is no sidewalk on the side of the street that faces oncoming cars, or on the other side, in the same direction as the cars? (Use props to demonstrate this for students)

Answer: When there is no sidewalk, we walk facing oncoming cars.

We do this because it is easier for the drivers to see us because we can look through the windshield at the person driving the car and try to make eye contact. Ask what making eye contact means. Explain that this is a very good way of protecting yourself because looking at someone forces them to look back at you. Model this by looking several people directly in the eyes. Explain that if you are walking facing the cars you can tell if they have not noticed you, and you can get out of the way if you have to.

- If the question about riding bikes with traffic has been answered already, ask: What rule about walking is different from the one about riding? When we are riding, we are going a lot

faster so we cannot react as quickly. We also know that more accidents are head-on crashes and that people seldom get hit from behind. In a head-on crash you suffer the combined force of both your speed and the speed of the car, making the impact greater. And of course, it also is against the law...

Preparing to Ride

10 points: In the State of California it is the law that everyone under the age of 18 must wear what when riding a bicycle? And why is this important?

Answer: A properly fitted helmet, because it will protect you from head injuries in over 85% of crashes.

20 points: What is special about a lot of the clothing made for cyclists that helps to make riding a bike safer?

Answer: It is very bright and easy to see which makes it more VISIBLE

Extra credit: One team answered TIGHT & BRIGHT, so clothes cannot get into the machinery of the bike.

30 points: What should you do with shoelaces, pant legs, and headphones when riding your bike and why?

Answer: Don't let shoe laces dangle or pant legs stick out, because getting loose clothing caught in the chain or the spokes can be very dangerous.

DO NOT wear headphones or anything else that could block out sound or distract you while bicycling because headphones make it more difficult to see and hear traffic.

40 points: Before you ride your bike, you should do an "ABC quick spin check" what does ABC stand for?

Answer:

(a) A is for air pressure. Have students squeeze the sides of the tires. The tires should be firm. Tell the students that they should ask a parent to help squeeze the tire until they get stronger.

(b) B is for brakes. Have students stand over their bikes and squeeze the brakes. The tires should not rotate as the students try to push the bike forward and pull it back. If the bike has coaster brakes, pedal backwards until the pedals stop, keeping pressure on the pedals. The bike should not move when pushing the bicycle forward and backward.

(c) C is for chain and crank. Check to make sure the chain is not too loose or rusty. Tell students to grab the crank arms (the pieces to which the pedals are attached) and try to wiggle them. They should not move.

Also, tell them that:

(d) Quick is for giving the rest of the bike a quick look. Check for tight quick release levers (if when they're on the bike)—if they don't move easily, they are fine. Look for a tight chain (little to no drooping), tight seat and handlebars, tight and clean reflectors.

(e) Spin is for spinning the wheels. Make sure they spin smoothly, don't wobble, and have no broken, missing, or loose spokes.

Safe Cycling

10 points: Why is it appropriate to call bicycle riders “drivers”?

Answer: Explain that bike riders are drivers because by law, bicycles are considered vehicles. Just like drivers of cars and trucks, they are responsible for obeying traffic laws, operating their bicycles in a safe manner, and maintaining their bicycles in a safe condition.

20 points: What is the “Door Zone”?

Answer: The part of the street into which car doors open. When you are riding in the Door Zone next to parked cars, a driver or passenger might open a driver’s side door and you could run into it.

- Ask, *how can we protect ourselves in the door zone?* By looking for people in the cars, listening for engines and watching for tail lights and exhaust; we always go slowly and pay extra attention around parked cars.
- Mention how unsafe it is to weave in and out of parked cars; even when there is a large gap between them, it is better to choose a PREDICTABLE straight line on the road, feet from the parked cars ahead (demonstrate with your props).

30 points: What are some reasons why it is good for you and the environment, to walk or bike to school?

Answer: Though there are many reasons for doing this, the main four reasons are:

1. Cutting down on pollution
2. Getting good exercise
3. Cutting down on traffic
4. Having fun

You might also try having the different groups compete to come up with ways to that they could personally fight global warming. Such as: Bicycling more, walking more, changing light bulbs to more energy efficient ones, donating money to environmental causes, taking shorter showers, taking their own re-useable bags to the grocery store, etc. The group with the most answers wins extra points.

40 points: Demonstrate the bicyclist’s hand signals for turning right, turning left, and slowing down or stopping. As well, what hand is used to make hand signals and why?

Answer: 10 points received for each answer

- 2) Left arm up at a right angle for turning right.
- 3) Straight out to turn left
- 4) Down at a right angle to slow and/or stop.
- 5) The left arm is normally used to make hand signals because it is closer to the moving car traffic as bikes ride on the right hand side of traffic. If a cyclist uses the right hand, it is not as visible

Rules of the Road

10 points: When is it allowable to ride your bike against traffic?

Answer: Never. The only exception is that children under the age of 12 may ride on the sidewalk.

- Cars and bikes have the same rules – is it ever legal for a car to go the wrong way down a one-way street or drive on the other side of the road? NO!
- *If the question about walking against traffic has been answered already ask: What rule about riding is different from the one about walking? When we are riding, we are going a lot faster so we cannot react as quickly. We also know that more accidents are head-on crashes and that people seldom get hit from behind. In a head-on crash you suffer the combined force of both your speed and the speed of the car, making the impact greater.*

20 points: According to California law, which statement is true?

- 1) Bicyclists always have to stop at stop signs.
- 2) Bicyclists only need to stop at stop signs if there is a person, bike or car at the intersection.
- 3) Bicyclists don't have to stop fully at a stop sign if a car driver signals for them to go.

Answer: 1) Bicyclists always have to stop at stop signs.

- Always obey traffic signs and signals; it's the car you don't see that is going to hit you (and the people/bikes you don't see that you'll hit/hurt).
- Cars and bikes have the same rules – do cars always have to stop at a stop sign? YES!

30 points: True or False: California law says that a bicycle rider must give hand signals before making turns.

Answer: True.

Car drivers and bicycle riders have to follow the same rules.

- A driver can receive a citation for failing to give a turn signal. Turn signals are very important because that's how we let other road users know where we are going so we don't run into one another. Ask the students if they think a police officer will give a kid a ticket for not signaling? The police won't give you a ticket for not giving a turn signal, the way they will if they catch you without a helmet, but it's important to start practicing using turn signals so that it will be automatic when you are older, and so that drivers can see your intentions. Be aware, however, that your hand signal does not control a driver's behavior--they will not necessarily give you the space for a turn when you signal it. Also keep in mind that drivers do not always use their turn signals, and that they sometimes have a turn signal on but fail to turn.
- Also, do not attempt a turn signal if it will cause you to lose control of the bike, as when braking downhill. Tell the students to practice riding with only the right hand on the handlebar if they currently feel uncomfortable doing so.

40 points:

1. How long does it take your brain to recover from an injury?
2. How much is the fine to your parents if you are not wearing a helmet?

Answer:

1: At least three years

2: An example of a fine in a Sonoma County city is \$25.00 for first time offenders, plus \$65.00 registration fee for a required Street skills class. The fine goes up after the first offense.

*Lesson plan developed by the Marin County Safe Routes to School program and modified for use in Sonoma County Safe Routes to School Program.