## **Table of Contents**

Acknowledgements	i
Introduction	ii
Lesson 1: Time to Get Moving! Topic: Health Benefits of Walking and Bicycling (Physical Education Focus) Students prepare a plan for scheduling 60 minutes of physical activity into their daily lives.	1
Lesson 2: Exercise Your Superpower! Topic: Health Benefits of Walking and Bicycling (Science Focus) Students explore the health benefits of physical activity and create comic strips showing the "superpowers" of physical activity.	10
Lesson 3: Prescribe a Pollution Diet! Topic: Environmental Impact of Walking and Bicycling Students learn how transportation choices impact air pollution. They help "Pollutey Judy" calculate and reduce the amount of air pollution that she produces each day.	17
Lesson 4: Rules of the Road Topic: Pedestrian and Bicycle Laws Students learn about pedestrian and bicycle safety laws and consider real-life scenarios where these laws apply.	26
Lesson 5: Design Your Own Traffic Sign Game Topic: Pedestrian Safety Students identify the meaning and importance of traffic signs. They design and play games to learn about traffic signs.	40
Lesson 6: Silent Safety Signals Topic: Pedestrian and Bicycle Safety (Physical Education Focus) Students learn how nonverbal communication helps people stay safe while walking and bicycling. They play games to practice using bicycle hand signals and eye contact.	51
Lesson 7: Get Your Helmet On! Topic: Bicycle Safety Students analyze the influences that contribute to bicyclists wearing helmets and create persuasive advertisements to teach bicycle safety.	60
Lesson 8: How Can We Be Safe on Our Routes to School? Topic: Safe Routes to School Students examine factors that affect pedestrian and bicycle safety and assess the safety of their routes to school.	69
Lesson 9: Getting to School – What's the Cost? Topic: Environmental Impact of Walking and Bicycling Students evaluate the monetary, environmental, safety, and practical cost of different modes of transportation.	78