

## Health

K.PCH.2.1

Recognize the meanings of traffic signs and signals.

K.PCH.2.2

Explain the benefits of wearing seat belts and bicycle helmets.

### Materials:

- Safety & Traffic Signs and Signals PPT

### Focus Step:

Have the students line up in an open space 15-20 feet from the teacher. The teacher will face away from the students and call out green light. The students will move forward until the teacher calls out red light and turns around quickly. Any student still moving after the teacher turns around need to go back to the starting line. Play continues until a student reaches and tags the teacher.

### Statement of Objectives:

Red light, green light is a fun game that reminds us of traffic signals and what these signals tell us to do. By the end of this lesson, you will be able to recognize the meanings of traffic signs and signals and explain why we should wear seat belts and bicycle helmets.

### Teacher Input:

Ask students how we get to places we need to go (car, bus, bicycle, walking). There are certain safety rules that we need to follow to keep us safe when we travel from place to place.

Use the Safety & Traffic Signs and Signals PPT to show the pictures of each item you describe.

When riding in a car it is important to always wear our seat belts. Seat belts keep us safe in case we are in a motor vehicle crash. The seat belt keeps us from getting thrown from the car.

When we ride bicycles, scooters, skates, or skateboards, we should always wear helmets. Helmets should have a Consumer Product Safety Commission Sticker on it and fit properly (snuggly against our head and the strap just below our chin). Never wear a hat under a bike helmet and always fasten the straps. If you fall, the straps will keep the helmet on your head. Take good care of your helmet and avoid dropping or throwing it to keep it safe from damage.

Walking, riding bikes and scooters, and skating are excellent forms of exercise; however, there are safety rules that we should always follow to keep us safe.

1. Always go with an adult.
2. Walk on sidewalks and ride bikes and scooters on trails designed for biking or on bike paths.
3. Wear bright colors so you can be seen.
4. Always wear a helmet when riding a bike, skateboard, scooter, or skates.
5. Don't play around with friends or push friends when walking or biking near traffic.

6. Stay close to a parent or adult when walking or biking near traffic.
7. Be aware of what is around you – watching out loose gravel/rocks, puddles, and wet leaves.
8. Do not let other things or people distract you.
9. If you are crossing a busy road on a bike, get off the bike and walk it across.

When you approach a stop sign – stop one big step before you reach the sign. Stop and don't move forward until you look and listen for cars. Look left, right, and left again to make sure no cars coming before moving forward.

When you approach a stop light look at the color that is brightest. Red means stop, yellow means slow down and prepare to stop, and green means move forward or go.

Walk signals are posted at busy intersections (where two roads cross). When you see the WALK sign or the picture of a person walking, look both ways (left, right, and left again) and cross the street. When the word's DON'T WALK or the hand sign is showing – do not cross the street. Wait for the WALK signal to change or press the button on the sidewalk to change the signal.

A yield sign means to slow down and be ready to stop.

Do not enter means that this is a one-way street, and you may not go this way.

One Way means that car drivers and bicyclists must go only in this direction down the street.

A railroad crossing sign means that you are approaching a railroad and should prepare to slow down or stop. Railroad tracks are uneven, and you should not try to ride a bike, scooter, or skates over them. Get off the bike or scooter and walk over the tracks. Many railroad crossings have gates which lower and blinking lights that flash when a train is coming. NEVER go around a closed railroad gate. Always look and listen carefully to make sure a train is not coming before crossing the tracks.

Traffic Signs Have Different Colors that Mean Different Things:

- Red – means stop or caution
- Yellow – used to warn you that you are coming to a dangerous area or an area with special rules.
- Orange – Used to tell you there is road construction ahead.
- Green – signs that provide directions or distances to different locations.
- Blue – signs show information, example – route to a hospital or building.

**Assessment:**

Read the story below use the pictures on the Safety & Traffic Signs and Signals Ppt to help tell the story and frame the questions.

Josie is ready for her first bike ride with her mom. Josie prepares a snack and a drink and puts it in her trusty bike basket. She also tests her bike horn to make sure it works properly. Is Josie ready to ride safely? Students should respond no, she is not wearing a helmet. Ask students why it is important to wear a helmet when riding a bike.

Now Josie and her mom are approaching a stop sign. What should she do?

Josie and her mom see a stop light in front of them and it turned yellow. What should they do?

Josie and her mom need to get off of the bike trail and cross a busy street, what should they do? (Make sure students also know to get off the bike and walk it across the intersection)

Just before arriving at home, Josie and her mom see a railroad crossing gate down and the lights are flashing. What should they do?

**Closure:**

Today, you learned a lot about bike and traffic safety. It is always important to always wear a helmet when riding a bike, scooter, skateboard, or skates and to always pay attention to traffic signs and signals and follow the rules.