



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Bike riding is a great way to get around and have fun. But before you start pedaling, you need to know the rules of the road and how to stay safe.

The following discussion questions and activities will help your students learn all about staying safe while riding bikes.

## Related KidsHealth Links

### Articles for Kids:

#### **Bike Safety**

[KidsHealth.org/kid/watch/out/bike\\_safety.html](http://KidsHealth.org/kid/watch/out/bike_safety.html)

#### **Do You Know How to Be Street Smart?**

[KidsHealth.org/kid/watch/out/street\\_smart.html](http://KidsHealth.org/kid/watch/out/street_smart.html)

#### **Checking Out Cuts, Scratches, and Abrasions**

[KidsHealth.org/kid/ill\\_injure/aches/cuts.html](http://KidsHealth.org/kid/ill_injure/aches/cuts.html)

#### **Concussions**

[KidsHealth.org/kid/ill\\_injure/aches/concussion.html](http://KidsHealth.org/kid/ill_injure/aches/concussion.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Think about the last time you rode a bike. Did you remember to wear a helmet? How does a helmet keep you safe? What could happen if you fell off your bike and hit your head when you weren't wearing a helmet?
2. Where are the safest places to ride a bike?
3. What kind of clothes should you wear while bike riding?
4. How can hand signals help to keep you safe on your bike?











