**Bike Month Presentation K-3: Teacher Key Points**

\*Key points can also be found within PowerPoint notes\*

**Slide 1**

* Includes teacher notes and resources

**Slide 2 – Cycling Safety**

* Welcome, everyone! Today we’re going to talk about cycling safety. It's super important so we can have fun while staying safe on our bikes!
* I’ll ask questions—chat with your neighbour and share ideas by raising your hand.
* Ask students if they have biked before

**Slide 3 – Agenda**

* Walk through presentation agenda
* We’re in \*state your city\*, which is part of the Region of Peel

**Slide 4 – Why should we bike?**

* Firstly, biking is a fun activity that we can do outdoors
* It helps us stay healthy by giving us exercise and gets our brains ready for learning
* It's a wonderful way to enjoy time with friends and family
* Biking is also good for the planet because it doesn't pollute the air, and it helps reduce the traffic around the school

**Slide 5 – Why is bike safety important?**

* Bike safety is super important because it helps keep you safe while having fun
* Wearing the proper gear and following rules can prevent serious injuries if you fall or get into any collisions
* When everyone rides safely, it makes the roads better for everyone, including you, your friends, and other people

**Slide 6 – Parts of a Bicycle**

* Introduce topic – Parts of a Bicycle

**Slide 7 – Parts of a Bicycle**

**Activity 1:**

Have students guess each of the missing parts of the bike and ask if they know what it does/what’s its purpose is?

Parts & their purpose:

* 1 - Tire: Supports the bike, helps with grip, and allows for smooth movement on different surfaces
* 2 - Chain: Transfers power from the pedals to the wheels, allowing the bike to move
* 3 - Crank Arm: Connects the pedals to the bike, allowing you to pedal and propel forward
* 4 - Bell: Alerts pedestrians and other cyclists when you’re approaching
* 5 - Front/Rear Light: Illuminates the path ahead for safety during low-light conditions/during the night
* 6 - Handlebar: Allows you to steer and control the direction of the bike
* 7 - Front Brake Lever: Slows down or stops the front wheel for better control
* 8 - Rear Brake Lever: Slows down or stops the rear wheel, helping to stop the bike safely
* 9 – Bike Seat: Where you can sit down comfortably and makes riding easier by spreading your weight evenly across the bike

**Slide 8 – Parts of a Bicycle**

* Red Rear Reflector/Light - required for visibility from behind
* White Front Reflector/Light - essential for illuminating the path and enhancing visibility to oncoming traffic
* Bell/Horn - needed for signaling to pedestrians and other cyclists
* Remind students to check their bikes at home or before using any bike to make sure it has all of these items

**Slide 9 – The Right Gear to Wear**

* Introduce topic – The Right Gear to Wear

**Slide 10 – What should I wear?**

* Here are some important gear to wear before heading out to bike.
  + Helmet: Protects the head in case of falls or collisions, reducing the risk of serious injury.
  + Knee Pads/Elbow Pads: Protects the knees and elbows from scrapes and bruises during falls or bumps.
  + Bright Clothing/Reflective Clothing: Makes you more visible to drivers and other cyclists
  + Closed-Toe Shoes: Protects feet and provides good grip on the pedals.
  + Sunscreen: Protects exposed skin from sunburn during long rides in sunny weather.

**Slide 11 – Helmets**

* Walk through how to wear a helmet and 2-V-1 rule

**Slide 12 – ABC Check**

* The ABC check is important to do before taking your bike for a ride. It helps us make sure the bike is safe to ride. [Play video.]

**Slide 13 – Hand Signals**

* Introduce topic – Hand Signals

**Slide 14 – Hand Signals**

* Hand Signals are important tools we use to communicate with others around us when biking.

**Activity 2:**

To help us remember these different signs we are going to play Simon Says the Bike Edition.

How to Play:

* The teacher will be “Simon” and students will be the players who need to follow Simon's commands.
* Explain the hand signals: Simon will use three different hand signals: left, right, stop
* Simon gives a command to the group, saying “Simon says” followed by one of the hand signals. For example, “Simon says left turn” or “Simon says stop.”
* Students should only follow the command if Simon says “Simon says” before the hand signal.
* If Simon gives a hand signal without saying “Simon says”, for example, “turn right”. Players should not follow it. If they do, they have to do 5 jumping jacks (or any simple exercise to get back into the game).
* Play a few rounds of the game.

**Slide 15 – Where to Ride**

* Introduce topic – Where to Ride

**Slide 16 – Riding on Sidewalk**

* Child-size bicycle riders are allowed to ride on the sidewalk
  + Note: By law, people riding bicycles with tires larger than 24 inches must ride on the road

**Slide 17 – How to Cross a Crosswalk**

* Always stop at a stop sign or any intersection, even those without signs. This helps us be aware of incoming cars or vehicles.

**Slide 18 – How to Cross a Crosswalk**

* Always look left, then right, and left again before crossing any road.
* Make sure the path is clear before walking across.

**Slide 19 – How to Cross a Crosswalk**

* Always be aware of where you are and make sure the path is clear before proceeding.

**Slide 20 – Bonus Tips**

* Introduce topic – Bonus Tips

**Slide 21 – Riding with Friends**

* Stay Together: Ride close enough to chat but far enough to avoid bumping into each other. Check in with each other regularly.
* Use Hand Signals: Communicate by using hand signals to show when you're turning or stopping. It helps keep everyone safe!
* Plan Breaks: Take breaks to rest, hydrate, and enjoy the scenery. It makes the ride more fun!
* Respect Others: Be mindful of pedestrians and other cyclists. Give space and say “excuse me” when passing.
* Have Fun: Have FUN when you explore on your bike!

**Slide 22 – Final Reminders**

* Obey traffic laws and use bike lanes (permitted for e-scooters and scooters)
* Always wear a helmet and stay focused while riding.
* Safety is everyone’s responsibility, which includes those who are walking, biking, and driving.

**Slide 23 – Last Slide**

* Bike smart, stay safe
* Answer any questions students may have
* For more information, contact [walkandroll@peelregion.ca](mailto:walkandroll@peelregion.ca)