

# TransOptions

## Ready, Set, Ride!

### Bicycle Education Activities for Grades 6-8

**At the conclusion of this activity, students will be able to:**

- Relate how personal lifestyle habits such as exercise, influence overall health and wellness.
- Describe effective personal protection strategies used in transportation (biking).



# Section 1: Importance of Exercise

## Why is physical exercise important?

- Regular exercise can help you improve cardiovascular fitness, build strong bones and muscles, control weight, and reduce the risk of developing health conditions such as:

- Heart disease
- Type 2 diabetes
- High blood pressure
- Obesity

According to “The Physical Activity Guidelines for Americans”, students should participate in 60 minutes or more of moderate-to-vigorous physical activity daily!

- During exercise, muscles become active and the heart beats faster. Exercise strengthens the heart and improves your body's ability to pump oxygen to all its cells throughout the body!

There are **3** main exercise activities:

### Strength



### Endurance (Aerobic)



### Flexibility



## Section 2: Helmet Fit

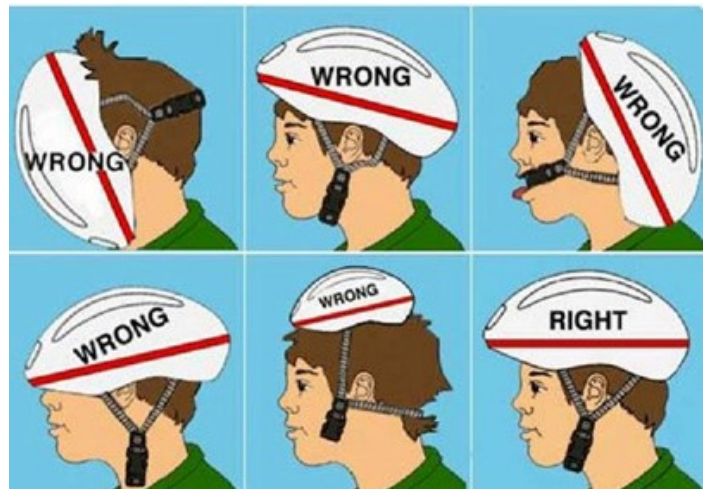
### Engineering Behind Helmet Design:



- A helmet can help protect you from a serious brain or head injury when riding a bicycle. Suffering from a brain injury can increase the chances of negative short and long term affects.
- Thinking, learning, coordination, speech, and even memory can all be impacted and become frustrating tasks if you suffer from a brain injury. It is always important to remain safe on the road and always wear a helmet!

### Proper Helmet Fit:

- Helmet should sit flat on your head and fit snug while not obstructing your vision.
- Your chin strap should be tightened around your chin and create a tight "v" under your ear.
- 2 finger test- only two fingers should be able to fit between your eyebrows and the brim of your helmet and between your chin and chin strap.



## Section 3: ABC Quick Check

**ABC Quick Check:** Follow this series of steps to inspect the basic functioning of your bicycle before each ride. A= Air; B=Brakes; C=Chain/Chain; Quick= Quick Release lever that holds your tire onto your bike's frame. Make sure it is in the engaged position and your tire cannot wobble from side to side. Check=Hop on your bike and make sure everything feels and sounds right before heading out on your ride.

### A is for air:

Check the air pressure on the tire by pressing your thumb into the tire. If it feels low, add air with a bike pump to the recommended PSI number listed on your tire.

### B is for Brakes:

Ensure your front and rear breaks stop your tires. Break pads should be clean, straight, and contact the rims correctly without making strange noises.

### C is for Chain:

Ensure the chain is not rusted or loose and can spin the back wheel without causing a strange sound.



# Section 4: Rules of the Road

## SIMPLE STEPS TO SMART CYCLING

Make your safety a priority



### 1 PROTECT YOUR HEAD

Always wear a helmet while riding. A correctly fitted helmet will stay in place when you shake your head from side to side. There should be a two-finger width between your eyebrows and helmet, side strap forms a "v" around ear and less than 1/2" between the strap and your chin.



### 2 OBEY ALL TRAFFIC LAWS

Obey all traffic signals, signs and road markings. Always yield to crossing traffic and when changing lanes. Avoid riding on the sidewalk. If you wouldn't do it while driving your car, DON'T do it on your bike.



### 3 SEE AND BE SEEN

Ride where people can see you, out of the door zone and within safe distance from the curb. Wear bright and reflective clothing. Always use a white front light and red rear light at night and in low light conditions.



### 4 WATCH FOR ROAD HAZARDS

Look out for debris, potholes, cracks in the pavement and wet metal surfaces. Take extra precautions while riding in the rain and when large trucks pass. Watch for turning or stopping vehicles. Cross train tracks at right angles.



### 5 RIDE ON THE RIGHT

Ride with the flow of traffic. Ride in a straight line and do not swerve between parked cars. Always use the rightmost lane going in the direction you're riding. When the lane is too narrow to share, ride in the middle of that lane.



### 6 COMMUNICATE

Make eye contact with other road users. Scan for traffic regularly and always signal before turning, changing lanes or stopping. Be predictable. Ride with confidence and make your intentions clear.

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With parent or guardian permission, middle school students can start to consider riding their bike on the road and off sidewalks.

- **Bikes are considered vehicles too!**

It is important to obey the rules of the road including traffic signals and signs.

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles.

- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others and don't use your cell phone!

- **Stay Alert at All Times.** Use your eyes and ears. Watch out for anything in the road that could make you lose control of your bike.

- **Look Before Turning.** When turning left or right, always look for a break in traffic, then signal before making the turn.

Now watch the video Bicycle Safe Journey:

[http://www.pedbikeinfo.org/bicyclesaferjourney/mi\\_en.html](http://www.pedbikeinfo.org/bicyclesaferjourney/mi_en.html)

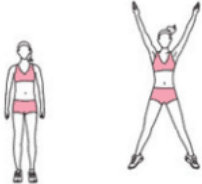

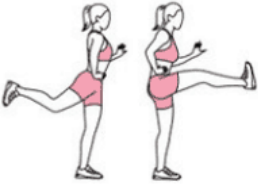
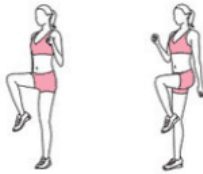

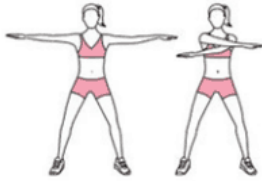
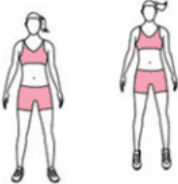

You now have the tools you need to ride!



## Section 5: Dynamic Stretching

Dynamic stretching is a movement-based type of stretching. It uses the muscles themselves to bring about a stretch. These are great for loosening your muscles the full range of motion needed to ride your bike!

For these exercises, start at one spot and move forward 10-15 yards. Once you get to the end, turn around and do the same exercise until you reach the starting spot.

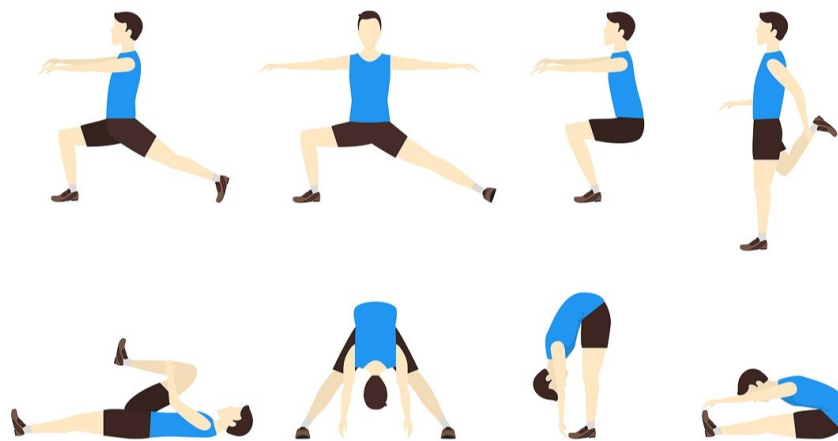
<b>Jumping Jacks</b> 	<b>Walking lunge with trunk rotation</b> 
<b>Leg swings</b> 	<b>High knees</b> 
<b>Heel to buttocks</b> 	<b>Arm Swings</b> 
<b>Ankle hops</b> 	<b>Squats</b> 

<https://www.conditionerd.com/motivation/fitness-and-flexibility-why-you-should-start-stretching/>

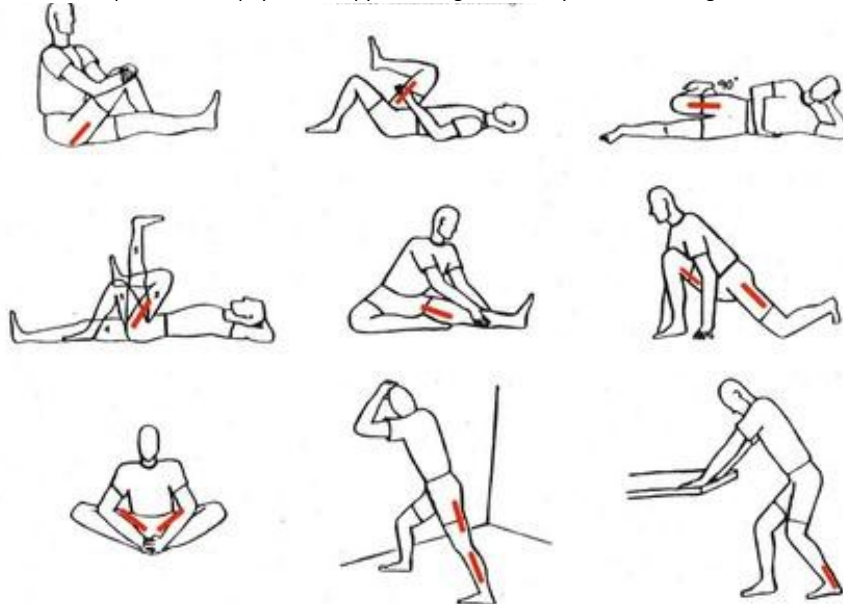
## Section 6: Static Stretching

Static stretching involves stretches that you hold in place for a period of time, without movement. This allows your muscles to loosen up, while increasing flexibility and range of motion.

For these stretches, find a comfortable spot with plenty of room. Use a wall or chair to help with balancing. Hold each stretch for 12-15 seconds. Do not try and stretch beyond what is comfortable and don't forget to breathe!



<https://www.risephysicaltherapy.com/blog/static-vs-dynamic-stretching>



<https://www.everything-else.co/blogs/news/skate-shred-and-stretch>

## Section 7: Let's Get Rolling!

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages. It is also fun and great for the environment! It is a good muscle workout and improves stamina. Now that we went over some of the tools needed for safe biking, it is time to apply them in our physical education plan!

### Physical Education Plan:

**Stretching:** Start with some light static and dynamic stretches. This will help warm up muscles in your body and increases range of motion. Refer back to static and dynamic stretches pages.

Duration: 10 minutes

**Helmet Fit:** It is always important to remain safe on the road. Refer back to the Helmet Section for proper fit.

Duration: 2 minutes

**ABC Quick Check:** Follow the ABC Quick Check method to make sure your bike is ready to ride. Refer back to the ABC Quick check section if needed.

Duration: 8 minutes

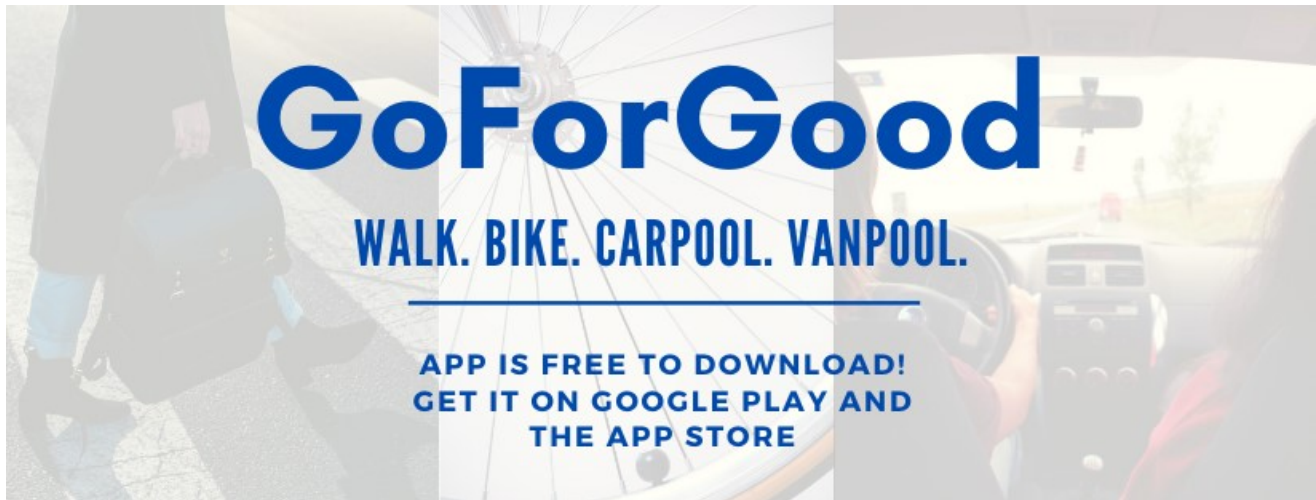
**Riding:** Now that you are warmed up, helmet on, and bike ready, you can start riding!

Ride your bike around your neighborhood, keeping in mind all the rules of the road to stay safe. **Don't forget to log your bike trips in the GoForGood app for a chance to win a raffle prize during the Month of May, which is also Bike Month!**

Duration: 40 minutes







It's time to start riding! The **GoForGood** app is TransOptions' free specialized application for tracking, interacting, and sharing your bike or walking trips. It's used to make participation in our events easy, stress-free and rewarding!

Log your trip on our GoForGood app and see who else from your school is joining in too! Your bike trip enters you for a **chance to win a raffle prize** at the end of May!

For more information visit,  
<http://goforgood.transoptions.org/goforgood>