

BIKE SAFETY TAG

Skills: Dodging and Fleeing, Throwing and Catching, General Knowledge of Bicycle Safety

Fitness Target: Aerobic Capacity, Muscular Endurance, Muscular Strength

Virginia Standards: Health 1.2b, 1.3h, 1.6a, 2.5b, 3.1c, 3.5b, 4.4e, 4.6a, 5.5c
PE 1.2a, 1.3, 1.5a, 2.2a, 2.3c, 2.4, 3.2a, 3.3, 3.4c, 4.3, 4.4a, 5.5b

National Standards: Physical Education Standard 1, 4, and 5

Equipment: Cones to mark the playing area, 2-6 2-foot long pool noodles, 2-6 gatorskin balls, flags or plastic bags if playing this game in pairs

Activity:

Before the activity begins, the teacher will discuss or review bike safety rules with the class;

- 1) Ride on the right hand side of the road moving with traffic.
- 2) Obey all traffic lights and signs.
- 3) Use hand signals to let others know what you are going to do.
- 4) Always wear a certified bike helmet to protect your head.
- 5) Always ride a bike that is the correct size for you.
- 6) Look both ways before entering traffic.
- 7) Always yield to pedestrians.

After the review or discussion, students will find an open space in the playing area. Some students will represent **Bike Safety Challenge** (i.e. – vehicles on the road, loose gravel, parked cars, etc.). The students who are acting as the **Challenges** will hold a 2-foot noodle piece. Other students will be selected as the **Safety Patrol**. The **Safety Patrol** will hold a gatorskin ball in their hands. The rest of the students in the game will be **Cyclist** and will try to avoid the **Challenges** by dodging and fleeing.

When the game begins, the **Challenges** will try to tag a **cyclist** below the knee with their noodle piece. If tagged, a **Cyclist** must move out of the boundary lines* and will begin performing a fitness activity that is designated by the teacher (i.e. – cross-crawls, jumping jacks, push-up plank shoulder taps, etc.). To free a tagged player, a member of the **Safety Patrol** may toss the ball back and forth with the tagged player 5 times. After the 5th toss, the **Safety Patrol** member will call out one of the ways that a cyclist can stay safe when riding (i.e. – “always wear a certified bike helmet” or “look both ways before entering into traffic”). When done, the tagged player now becomes a member of the **Safety Patrol** and the former **Safety Patrol** member now becomes a cyclist.

To make the game more interesting, the teacher can have the **Challenges** drop the noodle piece on the floor after they tag one person. If this is done, then the students will get to rotate positions more often which is more fun for all. If a noodle piece is on the floor, any **Cyclist** can pick it up and become a **Challenge** for one turn. Players who are members of the **Safety Patrol** cannot pick up a noodle piece if holding a ball.

* We like to call this area the Health Center. This is the place where students go to get health and get back into the activity.

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Teaching Tips:

- Have students travel in different locomotor patterns during the activity.
- Change the fitness activity so that it targets areas of student weakness.
- Randomize the fitness activities by having tagged students pick up a fitness task card before moving outside the boundary lines.
- Use different sports skills when the students are passing the ball to free a tagged player (i.e. – basketball chest passes, overhand toss, underhand toss, soccer pass, toss with the non-dominant hand, etc.)
- To make sure that students understand the bicycle safety basics, the teacher can have the Safety Patrol member come tell the teacher one of the bike safety facts before becoming a cyclist again.
- Change the dynamic of the game by making it a partner activity. Create tandem bikes for this activity by having students work in pairs; the cyclist will be connected by holding onto a flag or plastic bag. The Safety Patrol and Challenges will also have to be connected using the same method.
- Place Bike Safety concepts on posters around the playing area so that students can reference them if they need some help.
- Play this game after watching a bike safety video. It will help reinforce the concepts that were addressed in the video.