

#9041

BIKE SAFETY WITH BILL NYE THE SCIENCE GUY

DISNEY EDUCATIONAL PRODUCTIONS

1995

Grade Levels: 4-9

16 minutes



DESCRIPTION

Reiterates basic bike safety rules several times: always wear helmets; follow the same rules as other vehicles; listen, look, and pay attention; wear light-colored clothing; and have lights for night riding. Bicycles are as safe as the rider makes them.

ACADEMIC STANDARDS

Subject Area: Health

- Standard: Knows essential concepts and practices concerning injury prevention and safety
 - Benchmark: Knows safety rules and practices to be used in home, school, and community settings (e.g., using a seat belt or helmet, protecting ears from exposure to excessive noise, wearing appropriate clothing and protective equipment for sports, using sunscreen or a hat in bright sunlight)

INSTRUCTIONAL GOALS

1. To understand the importance of and proper way to wear a helmet.
2. To learn that rules of the road apply to both cars and bicycles.
3. To learn tips from professional cyclists on preparing for safe bike riding.
4. To learn proper hand signals for turning and stopping.

VOCABULARY

- | | |
|---------------|----------------------|
| 1. bicycle | 5. helmet |
| 2. bike | 6. rear light |
| 3. blind spot | 7. reflective gear |
| 4. headlight | 8. rules of the road |

BEFORE SHOWING

1. Why is a helmet so important and what is the correct way to wear one?
2. What advantages do cars and trucks have over bikes in terms of safety?
3. What does a pre-ride check consist of and why is it important?
4. What are some of the rules of the road that the bicyclist must follow?
5. Is hearing an important factor of bicycle safety? Are deaf or hard of hearing individuals less safe riders? How do deaf and hard of hearing riders compensate?

AFTER SHOWING

1. Have students write songs or slogans, or design bumper stickers explaining the importance of helmets and why they are cool.
2. Try an experiment like the one in this video. Drop a melon from head level to the floor without the benefit of a helmet. Then drop a melon encased in an approved helmet. Discuss the results.
3. Have a few students bring their bikes to school to demonstrate their knowledge of the “pre-ride check,” hand signals, and how to avoid trouble spots.
4. Form a “Safe Riders Club,” encouraging kids to take part in a bike safety workshop. Reward graduates with certificates and prizes, such as bike reflectors, license plates, etc.

RELATED RESOURCES



Captioned Media Program

- Bicycle Safety: The Beginning Years #3009
- Hands-on Series: Bike Tripping #8089



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **SAFETY CITY**

<http://www.nhtsa.dot.gov/kids/>

A National Highway Traffic Safety Administration’s site, click on the “Bike Tour” graphic and take an “Equipment Check” on your bike, know what to wear, cruise through the “Helmet Junction,” and more!

- **BICYCLE HELMET SAFETY INSTITUTE**

<http://www.bhsi.org/>

Numerous information relating to bicycle helmets. These range from helmets for the current year, helmet laws, how to fit a helmet, repairing a helmet, and much more.

- **MAKING THE SHIFT TO BICYCLE SAFETY**

<http://www.kidshealth.org/>

Select either the Kids or Teens graphic and type “bike” in the Search box to find out what is the right bike for you, how to maintain your bike, and use hand signals.