

Summer Week 4 - PSHE Lesson 1

Can I understand how to
keep safe while walking and
cycling?

We all know to stop and wait at zebra crossings and to press the button and wait for the green man when using pelican crossings, but what about when these road crossing supports aren't there?



It is possible to cross the road when these safety features are missing we just have to be more careful and use the Stop, Look, Listen, Think motto.

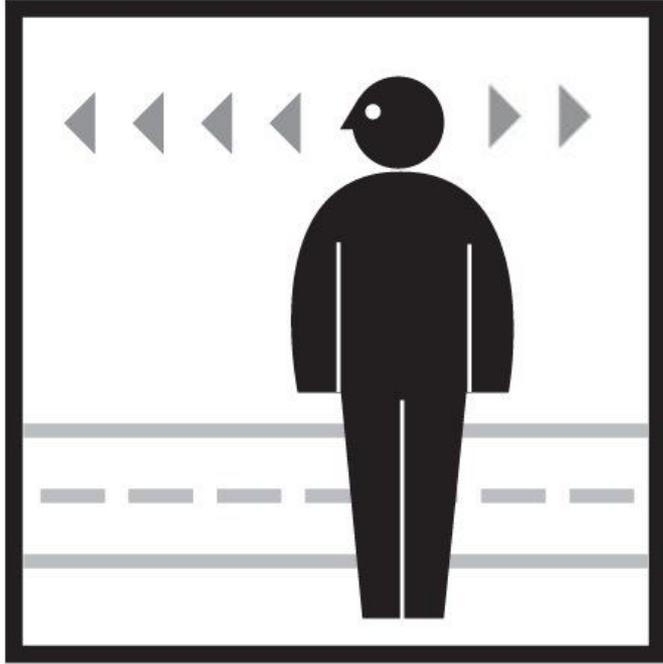
This will allow us to cross the road safely every time.

Stop

Come to a stop one step back from the kerb, keeping a safe distance from the road.



Look



Look right for traffic and oncoming cars, look left for traffic and oncoming cars and then look right again! Cars move quickly and the road can change in an instant.

Listen

Listen for the sound of oncoming cars. With bends and dips in the road a fast car may be coming that you can't see. Use all your senses to help you safely across the road.



Think



After stopping, looking and listening it is important to think. Is it definitely safe to cross the road? Can everyone see me? Taking a moment to really think can stop accidents happening.

The video link below shows some of the hazards that can happen when walking beside or crossing the road.

<https://www.think.gov.uk/resource/expect-the-unexpected/>



STOP

one step back from the kerb

LOOK

for traffic to your right, left and right again

LISTEN

for the sounds of approaching traffic

THINK

whether it is safe to cross

Using what you know about road safety have a go at the online game below.

There is a choice of two locations. Urban and rural, they both have different challenges.

Good luck.

https://www.think.gov.uk/games/take_the_lead/take_the_lead.html

Now we've looked at how to cross the road safely. We're going to look at using bicycles on the paths and roads safely.

Why Is Bike Safety So Important?

Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is to get places, not to be used as a toy to play with.

Why Should You Wear a Bike Helmet?

Wearing a helmet that fits well every time you're on a bike helps protect your head from injuries if you have an accident. It is not against the law in the UK to not wear a helmet, but it is a key safety feature to remember.

A helmet needs to be:

- Well fitted - covering your forehead and not tipping back
- Fastened safely under your chin
- Worn without a hat
- Undamaged and not thrown around. If it's damaged, it won't protect you as much when you need it. Replace it if you have an accident and hit your head
- You can add reflective stickers to helmets to make sure you are completely visible.

What is the right bike for you?

It is important for you to be safe whilst cycling and that starts with having the right bike to begin with.

Riding a bike that is too big or too small can mean you are unstable and more likely to fall off and have an accident.

When standing above the top bar of the bike your feet should be on the floor and when you sit on the seat you should be able to put your tiptoes on the floor too.

Kids should be able to touch the ground with only their tip toes. Setting the seat height higher allows for proper leg extension for maximum pedaling efficiency.



Tip toes

A confident pedaler can have the seat set 2" to 4" above their inseam.

Your inseam is the length of the inside of your leg. You can measure this to help you buy a bike that is safe online, if you can't try them out for size in the shop.

Where Is it Safe to Ride My Bike?

There is a law in the UK which means it is illegal for adults to ride their bikes on the pavement. This law does not apply to children under the age of 10. Over the age of ten it is encouraged for you know your road safety and cycle alongside the pavement not on it.

You should check with a grown up where you're allowed to ride your bike and how far you are allowed to go. It is important that an adult knows where you are cycling when you are out on your bike.

Where Is it Safe to Ride My Bike?

No matter where you ride your bike, riding in the day is safest. So try to avoid riding your bike at dusk and later. If you do ride later in the day remember to wear reflective clothing on you and your bike

Remember to always keep an eye out for cars and vans. Even if you're just cycling on the pavement, a car may pull out of its driveway into the path of your bike. If you're crossing a busy road, walk your bike across the street.

Be aware of the hazards around you.

What Road Rules Should I Know to stay safe?

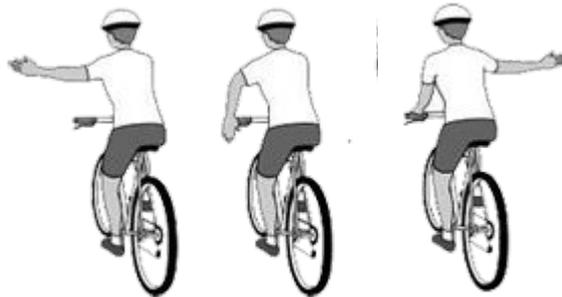
- Always ride with your hands on the handlebars.
- Ride to the side of the road, not in the middle if you are not on the pavement.
- Follow the traffic signals if you are at a red light and zebra crossings.



What signals should I use on the road?

Essentially there are three hand signals for cyclists:

- Left arm out - "I intend to move in to the left or turn left"
- Right arm out - "I intend to move out to the right or turn right"
- (Right) arm up and down - "I intend to slow down or stop"
(very rarely if ever used...)



Left turn Slow down Right turn

Today's task

Using the information in the slides about safety riding a bicycle fill in the missing words from the sentences in the worksheet.