

GRADES 1 & 2 ACTIVITY 1

PUZZLE POEM

OBJECTIVES:

- Students will assemble original poetry out of phrases they are given to express their understanding of walking/biking safety.
- Students will present their poetry to the group.

TIME/DURATION: 30 minutes

MATERIALS:

- 10 phrase strips for each student

INSTRUCTIONS:

- 1 Prior to class, write or type out phrases about walking and biking safety onto strips of paper. Be sure to make enough strips so that each student will receive 10.
- 2 Hand out 10 phrases to each student.
- 3 Instruct each child to use at least five of the 10 phrases to create a poem about biking and walking safety. Students may add their own words and phrases to assemble a better poem, but they must use at least five of the phrases they are given.
- 4 After about 15 minutes of writing and assembling, ask students to share their poems with the class. Discuss as a class the feelings in these poems about walking, biking, and safety.

GRADES 1 & 2 ACTIVITY 2

STEP-BY-STEP HEALTH

OBJECTIVES:

- Students will count the number of steps it takes to go to a common destination and compare that number to the ideal daily step count.
- Students will recognize the importance of maximizing their daily steps to maintaining health.

TIME/DURATION: 1 hour

MATERIALS:

- Colored construction paper
- Scissors for each student
- Marker for each student

INSTRUCTIONS:

- 1 Hand a different color of construction paper out to each student.
- 2 Instruct the students to trace their foot onto the construction paper several times, then cut out the footprints.
- 3 Students should tape their footprints to the floor, forming a path from their desks to a common destination (the cloakroom, the blackboard, the wash sink, etc.)
- 4 On the way, students should count how many footsteps it takes them to reach their destinations.
- 5 Seat the students and explain to them that in order to stay healthy, they should be taking at least 10,000 steps a day.
- 6 Ask them how many more steps they need to take.
- 7 Older students can tell you how many times they'd need to walk that path to reach 10,000 steps.

GRADES 1 & 2 ACTIVITY 3

BIKE HELMET DEMONSTRATIONS

OBJECTIVES:

- Students will recognize the correct and incorrect way to wear a bike helmet.
- Students will demonstrate the proper way to wear a bike helmet.
- Students will define the consequences of not wearing a bike helmet.

TIME/DURATION: 20 minutes

MATERIALS:

- One bike helmet

INSTRUCTIONS:

- 1 Explain to your students the importance of wearing a bike helmet properly and how injuries may occur otherwise.
- 2 Bring one of the students to the front of the classroom and demonstrate proper bike helmet placement on him or her. Show the students that the helmet should be parallel to the ground with the straps forming a “V” around each ear.
- 3 Then, show the three common ways to wear the helmet improperly—too far back, too far forward, or without a “V” around the ears.
- 4 Let each student come to the front of class and practice the right way to put on a helmet.
- 5 On some students, put the helmet on wrong for them and ask the class what the mistake is.

GRADES 1 & 2 ACTIVITY 4

PICTURE STORY

OBJECTIVES:

- Students will recall past experiences and write full sentences that integrate those experiences into a story.
- Students will illustrate the short story, focusing on their knowledge of walking/biking.

TIME/DURATION: 30 minutes

MATERIALS:

- Copy of the provided Your Picture Story sheet for each student

INSTRUCTIONS:

- 1 Print out a Your Picture Story sheet (next page) for each student.
- 2 Instruct the students to write 2–3 brief sentences about a time they were walking or biking.
- 3 Ask them to incorporate things they saw, heard, and touched as well as people they met and feelings they had about the experience.
- 4 Once they've completed their stories, ask the students to draw a picture of the experience to illustrate the story.
- 5 If time permits, allow the students to share their stories with the class.

NAME: _____

STUDENT WORKSHEET

COMPLETE THE STORY

Instructions:

Use the word bank to fill in the blanks in the story.

Riding a _____ is Omar's favorite thing. He _____ being in the sun and looking at the animals outside. Omar always wears his bike _____ because it keeps him _____. Bike riding helps Omar stay slim and _____.

Word Bank:

likes bike safe healthy helmet



TEACHER'S KEY:

COMPLETE THE STORY

Instructions:

Use the word bank to fill in the blanks in the story.

Riding a _____ **bike** _____ is Omar's favorite thing. He _____ **likes** _____
being in the sun and looking at the animals outside. Omar always wears his bike
_____ **helmet** _____ because it keeps him _____ **safe** _____. Bike riding helps
Omar stay slim and _____ **healthy** _____.

Word Bank:

likes bike safe healthy helmet