

LESSON 5: CYCLING SAFETY

Grade-Level Outcomes

Primary Outcomes

Fitness activities: Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

Rules & etiquette: Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

Working with others: Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)

Safety: Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)

Embedded Outcomes

Engages in physical activity: Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling). (S3.H6.L2)

Movement concepts, principles & knowledge: Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)

Lesson Objectives

The learner will:

- identify different hand signals used when cycling.
- practice different hand signals during a group ride.
- discuss cycling etiquette as it applies to both rider and driver.
- demonstrate proper hand signals and etiquette on a 5- to 10-mile (8 to 16 km) group ride.

Equipment and Materials

- Helmets
- Personal bikes

Introduction

All of you have handed in both your journals and your workout plans, and I hope that you have started following your plans. I am excited to read your journals and provide some feedback. Please review the feedback that I have provided on your training plans and adjust them as necessary. From here on out, we will be pretty active in class, focusing on the different disciplines and improving technique and gaining confidence. Today, we will focus on cycling safety, and we'll start by reviewing the rules that you saw on the school website.

Instructional Task: Biking Rules of the Road

■ PRACTICE TASK

Review the rules of the road, including riding on the right side with traffic and riding single file.

Have students demonstrate hand signals while standing.

- Right turn
- Left turn
- Stopping, slowing down
- Hazard on the road

Discuss appropriate communications for cycling in groups:

- Car up, car back
- On your left
- Stopping, slowing down

Extension

Students practice group communication in small groups in a controlled area.

Student Choices/Differentiation

- Use posters or other visual aids to remind students about the rules of the road.
- Students choose their groups for the ride.
- Students ride at their own pace while practicing communication.

What to Look For

- Students are exhibiting good bike skills consistently.
- Students are signaling early enough.
- Students are riding in single file and communicating correctly when passing.

Instructional Task: Group Road Cycling

■ PRACTICE TASK

As a group, go on a 5- to 10-mile (8 to 16 km) ride, rotating the pace line leader.

EMBEDDED OUTCOME: S3.H6.1.2 Use this safety ride as part of the training for the event. Create a riding route before class. It can be a loop or an out and back. Select a halfway point to stop, take accountability, and have a quick discussion about progress.

EMBEDDED OUTCOME: S2.H2.1.1 Take advantage of the group line to explain special situations such as drafting, taking a “pull,” and pace lines. Note that drafting is not permitted in triathlon competitions.

Refinement

Ask students about the distance between bikes when riding single file. The cyclist who is behind is at fault if wheels touch, which can cause a crash. Remind students to keep a safe distance and to vocalize and signal when slowing or stopping.

Guiding questions for students:

- What did you like most about the ride?
- What was the most difficult signal to remember? To execute?
- When did you feel most unsafe? Safe?
- What are some benefits of riding in a group?
- What are some disadvantages?

Student Choices/Differentiation

Students may ride with others of similar pace.

What to Look For

- Pace leader is using correct hand signals.
 - All members of the pace line are using hand and vocal signals when appropriate.
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Formal and Informal Assessments

Exit slip: What was the most challenging aspect of the group ride today?

Closure

- Review safety rules of riding and group riding.
- Review road etiquette with other cyclists and motorists.
- Next class, we'll have a short quiz on the seven training principles that we covered.

Reflection

- How well did students use hand signals?
- Did they signal early enough?
- Did they remember to use the vocal signals?
- Were they confident when riding on the road?

Homework

- Continue working on your research abstracts, due for lesson 10.
- Adjust your training plans according to my feedback, and continue your individual workouts.
- Continue journaling.
- Review for the quiz.

Resources

Internet keyword search: "cycling signals," "pace line," "cycling group etiquette"