

HOW TO BE A SMART RIDER

MINI VIDEO

AIM

- To become familiar with laws and strategies for smart riding by producing a mini video to present to the class

VELS: Health & ICT Level 3-4

GRADE: 3-6

- Health - Level 3

Students explore how the school and community contribute to the health of its members. This could include school crossings, safety signs, playgrounds, and parks. They identify basic safety skills and strategies at home, school and in the community, and describe methods for recognising and avoiding harmful situations.

- ICT - Level 4

At Level 3, students follow simple plans and use tools and a range of data types to create information products designed to inform, persuade, entertain or educate particular audiences.

- Health - Level 4

Students learn to describe and assess the strategies for responding to situations that are potentially unsafe, risky or harmful in a range of settings (at home, at school and in the community).

- ICT - Level 4

Students use ICT tools to produce information products that demonstrate their knowledge and skills for all areas of the curriculum.

DURATION (Approximate) 1 hour 35mins

- 20mins: Introduction
- 45 hour Video Making
- 30mins Video Viewing

LINKS

- [Vic Roads](#)
- [How to be a Smart Rider: Crossword](#)
- [Back to Contents](#)



HOW TO BE A SMART RIDER: MINI VIDEO

LESSON NOTES

EQUIPMENT

- [How to Be a Smart Rider: information labels](#) (print, enlarge & cut out labels)
- [How to be a Smart Rider: blank labels](#) (enlarge & photocopy 1/small group)
- Digital cameras (As many as possible)
- Video projector or TV (for viewing videos)
- Bicycle equipment (props for making the videos)

LESSON

Introduction:

- 1) Students break into small groups and document their ideas on *How to be a Smart Rider* on the sheet with the blank labels (provided below). Their topics could branch out into the following areas:
 - Road laws and useful riding strategies
 - The health benefits of riding
 - Benefits for the environment
- 2) Once the groups have documented their own ideas, show the class the information labels on How to be a Smart Rider (provided below). Display these labels around the room to add to the class repertoire.


Video Making:

- 3) In their groups, students select several of their labels or the labels provided to turn into a series of short videos. Try to ensure that each group covers different aspects on *How to be a Smart Rider*.
- 4) Show students how to make short videos using a digital camera. Highlight the timeframe that the videos need to stay within (for example 1min/video clip).
- 5) In their groups, students script, act out, and refine their promotional videos on strategies for *How to be a Smart Rider*. Use props such as basic bicycle equipment and where possible, relevant outdoor settings. Students should aim to make their video both entertaining and accurate.


Video Presenting:

- 6) Present students' videos to the whole class using a video projector or TV. Consequently, students should learn many strategies for *How to be a Smart Rider*. (Selected videos could be presented to other grades for educational purposes).


HOW TO BE A SMART RIDER




Always wear a **bike helmet**. Make sure that it fits properly and has no cracks in the foam.




Give way to people walking on **shared footpaths** and keep to the left-hand side.




Learn the **traffic signals** and **signs** and be sure to obey them.



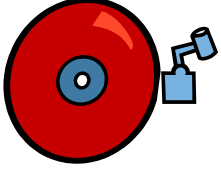
Children under the age of **12 years** old are allowed to ride on the **footpath**.




Use hand signals when you are **turning right** so it is clear to everyone where you are going.



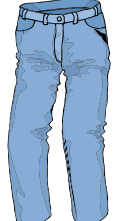
Check that the **brakes** work and are in good condition before riding the bike.



Use the **bell** or **horn** on your bike to warn people when you need to ride past them.



Learn how to fix a **flat tyre**. Carry a puncture repair kit and pump for longer rides.



Roll up your right **trouser leg** so that it doesn't get caught in the bike chain.



Always Use a **red light** at the back and a **white light** at the front of the bike when you are riding at **night**, so you can be clearly seen.



If you are riding on the road, ride in marked **bike lanes** wherever possible.



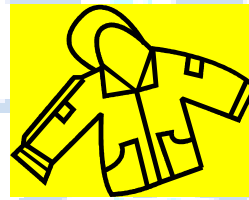
Use bike **lights** when it is **raining** or **foggy** so you can be seen easily, even in the daytime.



If you are riding on the road, find **quiet streets** and stay to the left-hand side of the road.



Have **mudguards** on the bike to stop water and mud hitting your face and back when it rains.



Wear **bright** and **shiny clothing** so people can see you easily in the daytime and the night.



Keep the bike **chain** well **oiled** so that the bike runs smoothly and doesn't rust.



Be careful of, and give way to **cars** backing out of **driveways** because they might not see you.



Ride often!

- * Keeps you fit, healthy & happy.
- * It's fun & free.
- * It's great for the environment.

HOW TO BE A SMART RIDER

Think of six ways to be a Smart Rider. Write your ideas in the boxes and draw a picture.

Picture	Statement

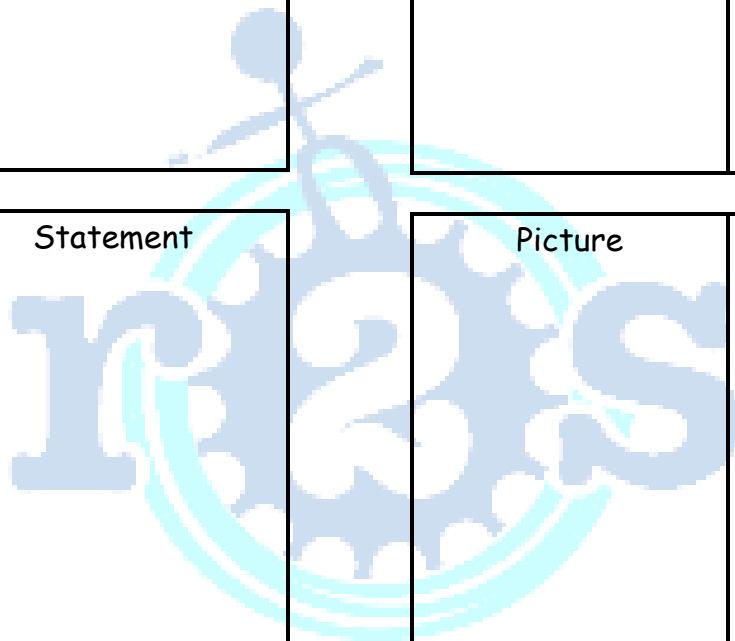
Picture	Statement

Picture	Statement

Picture	Statement

Picture	Statement

Picture	Statement





ride2school.com.au