



BIKE TO SCHOOL DAY – MAY 7TH, 2014 IDEAS AND RESOURCES

Community Awareness Ideas:

- Proclamation for Bike to School Day
- For schools who want to have a big event we can notify the U of I Student Athlete's Volunteer Coordinator and see if any of them would like to bike to school with students or participate in bike rodeos, etc.
- Invite local elected officials to participate in school events
- Mark routes to school with school mascots

Handouts/Resources C-U SRTS Project can provide: (Bike to School Day logo provided on the website.)

- Bikeability Checklists
- "Sara and Her Bike" Safety Coloring Sheet
- Bike Rap
- On Top of My Bike Song (sung to the tune of *On Top of Old Smokey*)
- ABC Quick Check sheet
- Bike Riding Dangers sheet – find the hazards worksheet
- Message Decoder worksheet – decoding safety messages
- SRTS Word Scramble sheet
- Bicycle safety announcements for the schools to use leading up to the day
- Handouts to send home to parents showing best routes (having students help identify routes could be a classroom activity)
- Bike to School banners and/or flyers

Activities Teachers Can Use in the Classroom:

Art or Computer Class: *Create posters promoting Bike to School Day and safe driving and cycling messages.*

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Geography: Survey and create maps of biking routes to school. Use blogs or e-mail to follow a cross-country or intercontinental biking trip for charity.

Health: Measure riding time accumulated by students; study health benefits of physical activity.

Physical Education: Teach physical conditioning. Learn walking warm-ups and stretches and do some progressively longer walks in class to prepare for Bike to School Day. Host a bike rodeo (bicycle skills clinic) so that students can learn how to ride a bicycle safely.

Mathematics: Keep logs of bicycling times; calculate speeds and distances, individual and group averages, trends and statistical analysis.

General Science: Calculate the reduction in carbon impact of biking to school compared to vehicle travel. Learn about clean air initiatives and the effect on public health.

Physics: Study the biomechanics of or basic drive mechanics on bikes. Study how gears of a bike work and how different types of brakes function.

Biology: Look for specific plant or animal species, or inventory indigenous species along biking routes. Catalog seasonal changes in the flora and fauna. Keep a log of temperatures related to levels of biking.

English: Write press releases and public service announcements to promote Bike to School Day. Write essays or keep a diary about your experiences riding.

History: Study historical locations in your community by walking or biking to them.

Social Sciences: Photograph important things about your community that you notice while walking or riding to school. Anything you'd like to change? What can you do about it? Start a pen-pal project with kids in other countries who walk or bike to school.

Activities/Events C-U SRTS Project Can Offer to Help Organize:

- Demonstrate Helmet Effectiveness and Helmet Fitting (egg drop, melon drop, etc.)
- Organize Bike Trains (we can help identify routes)
- Set up designated starting points for students who wish to bike to school and have a parade
- Bike Rodeos can be held during or after school
- Bike Repair Clinics can be held during or after school
- Park and Bike – we can identify locations for parents to park and bike from to school for this day
- Decorate the school bike racks
- Demonstrate how to lock bikes securely

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