

# Bicycle Assembly Program

**Objective:** This assembly programming works best with an auditorium size of no more than 100 students. Running time, in its entirety, is approximately 45 minutes. You will need at least 3 people for implementation; 1 technology person and 2 hosts. Students will learn about being a safe pedestrian through interactive video simulations and a game show.

**Materials:**

- » Bicycle Video and Review, “Riding Safe in Philly” (download off of SRP website)
- » Three Be’s and Jeopardy Power Point (download off of Safe Routes Philly website)
- » Speakers, Laptop, Projector, Microphone (technology for assemblies)
- » Waivers (for student participation and photo –opportunities)
- » Music (download Bicycle Rap Song, Bicycle Call and Response, Getting to Know you Song and Game Show Song off of Safe Routes Philly website)
- » At least 3 people (2 hosts and 1 tech person)
- » Jeopardy Props: Bicycle, lock, leash, grab bag of clothing to demonstrate visibility

**Instructional Notes:** In an auditorium setting, equally position classes so that there is approximately the same amount of students on either side of the aisle (see the sample layout below). You may wish to separate by grade. Make note of the areas designated for each classroom. Get names of classroom teacher to use during roll call of assembly program. We recommend running through each piece first to get a handle on timing and flow with overlapping PowerPoint’s, songs and videos. Check to see that all pieces of the assembly work on the laptop you will be using and keep each piece on your desktop for easy use. The final piece of the Assembly involves a Jeopardy-like game which requires at least 1 student from each participating class. We recommend reaching out to the classroom teachers ahead of time to identify the responsible students in the class, so that participants are pre-selected before the assembly begins. Have the students’ parents’ sign a waiver if you’d like to be able to take photographs during the assembly for future use.

**STAGE**

5<sup>th</sup> Grade

304	Schartz
305	Jordan
306	Walker

4<sup>th</sup> Grade

201	Jones
203	Gable
200	Kauffman
205	Johnson

**I. Roll call Bicycle Assembly**

Host or another presenter can do the shout out for Roll Call....For example with excitable attitude: “Can I hear if Ms. X’s class is here” ... continue with all of the classroom teachers names to get everyone focused and excited to listen.

**II. Introductions**

Welcome everyone and introduce who you are and why you are here.

**III. Three Be’s Review (Projector goes to first slide of power point)**

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(Slide 1 – if you have a logo for your organization insert logo here) Host: Introduce your program and who is helping you present today.

(Slide 2) Host: Let's talk about the **3 very important B's we want to go over with you and have you remember.**

They are:

- 1) (Slide 3) The first Be is to be responsible: The definition of responsible is: Being aware of how your actions affect other people and yourself.  
(Slide 4) *NOTE: go over what this looks like as a bicyclist; Things like the Bike ABCS and fitting your helmet properly and wearing it every time you ride.*
- 2) (Slide 5) The next Be is predictable and the definition of predictable is: Allowing others to know what your next actions will be.  
(Slide 6) *NOTE: go over what this looks like as a bicyclist. Things like, riding with traffic not against it; using hand signals, etc.*
- 3) (Slide 7) Visible means: Obvious to the eye; something that can be seen.  
(Slide 8) *Note: go over what this looks like as a bicyclist. Things like, wearing bright colors, using lights (white light in the front and a red light in the back). It is the law in Philadelphia to use lights between dusk till dawn.*

(Slide 9) Host: **To make sure we all soaked in some of the 3 Be's we are now going to do a little call and response:**

## IV. CALL AND RESPONSE (play bicycle call and response instrumental)

(Slide 10) Intro

It's important for these words to stick in your head  
So make sure to yell out what you see in red

(Slide 11) RESPONSIBLE

1. **You gotta be responsible, so** think things through  
Because your actions will affect, more people than just you
2. You gotta check your bike and fit your helmet ok  
Before you hop on the saddle, and pedal on your way

(Slide 12) When I say RESPONSIBLE you say THINK

(Slide 13) PREDICTABLE

3. **You gotta be Predictable** so cars can always know  
How close you're riding to them and where you're about to go

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4. If you're older than 12 you have to ride on the street  
No riding on the sidewalk where people use their feet
5. You ride with other traffic in the same direction  
So that cars see you and give you the right attention

**(Slide 14) When I say PREDICTABLE you say SHOW**

**(Slide 15) VISIBLE**

1. Always be visible, you need to be seen  
Be detectable to traffic, is really what we mean
2. Cars need to always see you, when you're riding 'round at night  
So have two reflectors and wear something bright

**(Slide 16) When I say VISIBLE you say SEEN**

**(Slide 17) HELMET**

1. Your ears, eyes and mouth are the three features on your face  
You can use to fit your helmet in its place
2. **(Slide 18)** With your helmet on your head, look up to see the tip  
Make a V under your eyes and snap the plastic clip

**(Slide 19) When I say HELMET you say FIT**

**(Slide 20) BIKE ABCS**

1. The Bike ABC's are speedy way to know  
If your tires, brakes and chain are working well and good to go

**(Slide 21)**

2. The check only takes 10 seconds and it surely will confirm  
That your brakes are brakin' and both tires are firm

**(Slide 22) When I say BIKE you say ABC's**

**(Slide 23) SIGNAL**

1. When biking in the city communication is key  
So talk to cars and fellow cyclists that you see
2. Just like cars and buses bikes must signal lefts and rights  
But we use our hands and arms instead of blinking lights

**(Slide 24) When I say SIGNAL you say POINT**

**(Slide 25) LOCK**

1. In most major cities, bike theft will take place  
So don't let your bike, disappear without a trace

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Use a leash through your front wheel and again in the back  
Then a U lock 'round the frame, to a secure bike rack

**(Slide 26)** When I say LOCK you say UP

**(Slide 27 – Insert your logo here)** Host: Great Job everyone! Now we're going to look a little more closely at what it looks like to put the three Be's into practice. We're going to watch a short movie and follow our friend Mark as he goes on a bicycle ride through his Philadelphia neighborhood to his friend's house. Watch closely for the three Be's as he prepares his bicycle for riding, rides through the city, and after he arrives at his destination.

## V. Play Bicycle Safety Video (4 mins. And 50 secs)

**Host:** Alright! We saw a lot just now ... I want to look at Mark's ride more closely to see how he prepared to ride, what happened as he rode through the city, and what he did once he arrived at his destination.

## VI. Video review (run time = 2 mins and 36 seconds)

*NOTE: There are 6 major themes that are reviewed during this section. Let video play and pause as you see fit to discuss these topics. In between each new topic there is a black screen to differentiate new talking point.*

**(Voice over's from full video is worth reiterating if you wish to go into more detail)**

**BE VISIBLE:** Voice Over 1: A white light at the front of the bike and a red light at the rear are essential to safe riding at night and required by Philadelphia City law. In addition to lights, bright colored clothing such as yellow, pastels, or white can also help traffic see you.

- If you are riding on the road at night, it's very important that other traffic can see you and avoid you if they need to. In Philadelphia it is required by law to wear a white light on the front and a red light in the back of your bike from dusk until dawn. Even during the day keep reflectors on both ends of your bicycle.

**BE RESPONSIBLE:** Voice Over 2: The Bike ABCs is an important safety check that should be performed before every ride. A is for Air: Check that your tires are firm and inflated properly. B is for Brakes: Make sure your brakes are working so that you can stop your bike safely. C is for chain: Rotate your pedals to see that your chain is running smoothly.

- The Bike ABC's should be performed before every ride.

**BE RESPONSIBLE- HELMET FITTING:** Voice Over 3: When putting on a helmet, it's important to make sure it fits correctly.

1. EYES – when you look up you should be able to see the tip of your helmet.
2. EARS – adjust the straps to a snug V under your ears.

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3. **Mouth – make sure the chin strap fits snugly. Use your fingers to make sure it is snug but not too tight.**
  - Your helmet needs to fit properly so it can protect your head in case you crash.
  - You don't want to hurt your head, because inside of your head is your brain, and your brain controls everything you are able to do; like running, writing, speaking, breathing, etc.

**BE RESPONSIBLE AND PREDICTABLE: Voice Over 4: At an intersection with four stop signs the vehicle that arrives first, goes first. But, if two vehicles arrive at the same time, the vehicle to the right would go first.**

- You can see that Mark is to the right of the vehicle at a four way stop. Even though he is to the right of the vehicle, he signals to the car to go ahead through the intersection because the car arrived at the intersection before Mark. Maintaining good communication on the road with other vehicles is key.

**(Continuation of video BE RESPONSIBLE AND PREDICTABLE): Voice Over 5: Philadelphia law requires cyclists over the age of 12 to ride in the street with traffic. You must be going in the same direction as traffic, not against it.**

- That means no riding on the sidewalk if you are over the age of 12.
- Riding on the sidewalk can put pedestrians and dogs in danger.
- Especially in Philly, the streets are in better shape than the sidewalks, they make for a smoother ride.

**BE RESPONSIBLE: Voice Over 6: When locking your bicycle make sure that you have both wheels and the frame secured inside the locks. You do this by looping the leash around the front wheel and placing the U lock around the back wheel, frame, and a secure object like a bicycle rack. Bike theft is a problem in most major cities; make sure your bike is not a target.**

- Hold up a leash and U lock and explain the parts.
- The leash loops through your tires and through itself.
- The U lock loops through the leash and through the tires and the secure object.
- Let's talk about secure objects, what are some other secure objects?? Fences, street signs (make sure there is sign on top, light posts, whatever is thin enough to fit your U lock around and secure.
- Don't lose your key (keep a spare).

**BE RESPONSIBLE AND PREDICTABLE (COMMUNICATE): Playing and pausing this clip is helpful since there is a lot of information to review! Voice Over 7: Make sure to always communicate with the vehicles and pedestrians around you. When making a right turn, stick out your right arm to indicate the direction you are turning. When making a left turn, stick out your left arm to indicate you are turning left. It's important to be predictable to all road vehicles.**

- Maintaining good communication on the road with other vehicles is key.

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**Voice Over 8: Bicycles are legal vehicles. They must obey all traffic lights and street signs. They even have their own signaling system.**

- Being a legal vehicle means you have to follow the same laws as other traffic, just like cars and buses. Stopping at stop lights and stop signs. Going in the same direction as other traffic; i.e. not going between (filtering) cars.

**Voice Over 9: Look out for opening doors. If you see one make sure to tell the riders around you by yelling “door”.**

- When passing or avoiding road hazards always check for vehicles around you before dodging. It is important to avoid doors, but you have to make certain you don't enter another dangerous situation because of it.

*GET THE CROWD ACTIVE!!! Make everyone stand up and do the hand signals.*

HOST: Great job with the hand signals everyone. Take a seat please. So between the song and the video, we've just gone through quite a bit of information. In an effort to help you remember this information we're going to quiz you on it. So everyone, I'd like to introduce your 3 Be's Jeopardy game show host: **Buzz Cyclor**.

## **VII. Game Show**

*NOTES: Get classroom teachers to select 1 -2 responsible students from their classes ahead of time to participate in Game Show. Have them sign a waiver if you'd like to be able to take photographs during the assembly for future use.*

*Use Jeopardy PowerPoint. Tech person will need to play the slideshow in order for the categories to work properly.*

*Slide 2 is also the home page where students can pick which category/number they would like to answer. Click on number to go to question, read question aloud and give enough time for students to answer. Click on the background of that slide to review answer. To return to home page, click on the image of a house on the bottom of the slide.*

*There are several bonus questions that are like physical challenges, including pulling items out of box to wear to make you more visible, properly locking a bicycle, demonstrating the turn signals, etc. Some props will be needed to play out these bonus questions.*

**Slide 1:** Buzz (Host #2): Hello everyone! Welcome to Three Be Jeopardy! I'm sure you have all seen Jeopardy on TV in the past, but I want you to know that 3 Be Jeopardy is slightly different than traditional Jeopardy. Here are the rules:

**Slide 2:** Game Show rules:

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- The team/individual picks the questions they want to answer. You can see we have four categories. They are: Be responsible, Be predictable, Be visible, and Physical challenge.
- Each question is worth 100-500 points.
- If there is a tie at the end there will be a bonus round where each question is worth 450 points.
- Let's play! (Buzz points at first team/individual that has to go).

Assembly ends with Kids leaving during bicycle rap song