Walk and Roll Team Trivia

LESSON PLAN OVERVIEW

SUGGESTED GRADE LEVEL
K  1  2  3  4  5  6  7  8

SUGGESTED TIME
one class period

SETTING
auditorium  classroom  gymnasium  outside

LEARNING STYLE ACCESS
auditory  kinesthetic  visual

OVERVIEW
Students will review basic pedestrian and bicycle safety rules, and reasons for walking and bicycling in this fun and interactive Jeopardy-style team trivia game. This is an excellent way to reinforce important safety information throughout the year.

MATERIALS
Otto the Auto DVD (from AAA), Rewards/Prizes (stickers, pencils, etc.)

VOCABULARY
pollution, congestion, reduce, pedestrian

MODIFICATIONS FOR CHILDREN WITH DISABILITIES
Print materials ahead of time to have in hand, use hyperactive students to aid in game facilitation.

MODIFICATIONS FOR USE IN LOW INCOME SCHOOLS
None needed

IMPRESSIONS
Make up school specific trivia questions with school specific maps. Using this lesson format, more trivia questions can be created for different grades. Create a math-centered class with walk/bike math questions, for example “Q: in one rotation how far does a bike travel? A: a distance equal to its wheel circumference.”

SOURCE
Alameda County SR2S
Walk and Roll Team Trivia

Overview

Students will review basic pedestrian and bicycle safety rules, and reasons for walking and bicycling in this fun and interactive Jeopardy-style team trivia game. This is an excellent way to reinforce important safety information throughout the year.

Activity: Walk and Roll Team Trivia

This game will test students’ knowledge of bike and pedestrian safety. To warm students up, show the Otto the Auto DVD or have a discussion about the importance of walking and rolling. Share these ideas if students don’t already mention them:

- Reduce pollution
- Great physical activity
- Reduce traffic congestion around school
- It’s fun

- Copy the Team Trivia Game Board onto the white board.
- Divide the class into 4 teams. Teams will work together to come up with the answers.
- Have each team pick a team name. Encourage names that are walk or roll related.
- Have each team choose a scorekeeper, and spokesperson who will select categories and report out answers.
- Teams will alternate choosing a category and point value/level and answer questions.
- Answers can be reported by writing on a piece of paper that they hold up or be announced verbally.

Tips for Success!

- Determine prizes ahead of time. Rewards that students value can work well, such as getting dismissed first for recess, extra free time, etc.
- Keep track of the team scores and have fun!

A Few Facts to Share:

- 45-85% of all head injuries from bicycle accidents could be avoided if bicyclists wore helmets.
- Kids today live a more sedentary lifestyle than they did 30 years ago and don’t get enough regular physical activity.
- In many cities across the United States the motor vehicle is the single greatest polluter.
- Approximately 5 million children in the United States suffer from asthma, causing over 14 million lost school days per year.
- In many areas it is estimated that 20 to 30% of peak morning traffic is school-related.

Supplies

✓ Otto the Auto DVD
✓ Rewards/Prizes
Team Trivia Game Board

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Team Trivia Questions

**Walk This Way**

**10 points**
What should you do if you are halfway across the street and the green WALK signal changes to a flashing DON’T WALK signal? You should:
A. Keep walking at a normal pace to get to the other side of the street.
B. Turn around and go back.
C. Run the rest of the way across the street.

**Answer:** A
You should never run in the street because you could fall down. Explain that even after the don’t walk signal starts flashing, opposing traffic remains at a red light for a few seconds longer so that pedestrians have a chance to get across the street.

**20 points**
Which side of the street do you want to walk on when there is no sidewalk?
A. On the side of the street that faces oncoming cars
B. On the other side, in the same direction as the cars?

**Answer:** A
We do this because it is easier for the drivers to see us because we can look through the windshield at the person driving the car and try to make eye contact.

**30 Points (10 points for each)**
What are the three things you should do every time you come to the “edge” of the sidewalk, after you stop?
A. Wave your arms, look left and run
B. Look left, right and left again
C. Listen, look over your shoulder, step off the curb

**Answer:** B
We look left then right, then left again to make sure no cars have come while we were looking to the right.

**40 points**
Recite the rhyme, *Use Your Head before your feet*, and explain why it is important to do all of these things.

**Answer:** Stop every time at the edge of the street.
Use your head before your feet.
Make sure your hear every sound.
Look left, right, left and all around!

- It’s important to be a smart pedestrian
- Cars don’t always stop
- Drivers don’t always see you
**Safe Cycling**

10 points
True or False? Bicyclists have to follow the same rules as cars when riding in the street?

Answer: True

20 points
What color lights do you need on your bike and which one goes where?

Answer: White light in front, red light in back

30 points
How do you make sure your bike is safe and in good condition before riding?

Answer: ABC Quick Bike Check. A– Air in the tires, B– Brakes , C -Chain

40 points
True or False? (10 points)
Is it illegal to ride your bike, skateboard or scooter without a helmet in California if you are under 18 years old?

Answer: True

True or False? (10 points)
Can you get a ticket for not wearing a helmet if you are under 18?

Answer: True

Where on your head should your helmet be placed for it to fit and function properly? (20 points)

Answer: Your helmet should sit level on your head with space for two fingers between your eyebrows and the helmet.

**Why We Walk and Roll**

10 points
Walking and rolling to school can count towards the number of minutes of physical activity recommended for children. What is the daily recommendation?

Answer: At least 60 minutes a day of physical activity.

20 points (fill in the blank)
The increase in the earth’s temperature is called______________. The negative effect it is having is called _____________.

Answer: Global Warming, Climate Change

30 points
Carbon Dioxide is the dominant greenhouse gas that causes climate change. What is the % of Carbon Dioxide emission caused by transportation in Alameda County?
A. 10%
B. 46%
C. 25%

Answer: B

40 points
Explain in your own words what Global Warming is? List 4 things you can do to help prevent it.

Possible answers: Ride your bike and walk to places, carpool to or from school, take the bus or BART to places, ask your parents to give up driving for 1 day a week, plant trees, etc.