

# Walk and Roll Team Trivia

## LESSON PLAN OVERVIEW

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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.

### Supplies

- ✓ *Otto the Auto* DVD
- ✓ Rewards/Prizes



## 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.

## 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!

## Team Trivia Game Board

Walk This Way	Safe Cycling	Why We Walk and Roll
10	10	10
20	20	20
30	30	30
40	40	40

## 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:

- Keep walking at a normal pace to get to the other side of the street.
- Turn around and go back.
- 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?

- On the side of the street that faces oncoming cars
- 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?

- Wave your arms, look left and run
- Look left, right and left again
- 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.

