

PROJECT 6: *Exploring Your Community*

LEARNING INTENTIONS

We are learning to:

- » Consider the safest route to get where we want to go
- » Plan and map a ride around our community

SUCCESS CRITERIA

- » I can use skills learnt through Safe Cycle to ride safely on an organised ride
- » I can make choices about the route I use to ride places
- » I can make decisions about which route would be safest for me to ride

AUSTRALIAN CURRICULUM LINKS

- » Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities (ACPPS077)
- » Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMPO80)
- » Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (ACPMPO83)
- » Evaluate and justify reason for decisions and choices of action when solving movement challenges (ACPMPO87)

EQUIPMENT AND PREPARATION

Bikes

Helmets

Access to Google Maps

Complete the risk assessment and follow appropriate policies and procedures for taking students cycling offsite

TUNING IN

- » Explain to students that in this lesson we will be developing a map of interesting places to visit around the local community and going for a group ride
- » Ask students to complete Quick Quiz 11
- » Conduct a class discussion around interesting places to visit near the school or near where students live. Discuss and list the different roads and paths in the area in order of safest to most dangerous

SAFETY FIRST

Students collect bikes and helmets and perform the ABC TIGHT Bike Safety Check and The Three 2s Helmet Check. Teacher completes Safety First Worksheet.

ACTIVITY 1: PLANNING AND MAPPING A BIKE RIDE

Ask students to write up their list of interesting places. Categorise into historical, Indigenous, natural beauty and rest stops. Students can add any other categories of their own choosing.

Use the list of identified hazards from Project 4 to help plan the safest route to get to their interesting places.

Ask students to create a rough route map using the My Maps feature on Google Maps of 6 places of interest including rest and hydration stops.

ACTIVITY 2: GROUP RIDE

Using the student lists and suggested route maps go for a group ride and check out the points of interest on the list. Are they worth an entry in your suggested itinerary? Stop and take a few photos along the way.

REFLECTION

Review the identified safer places to ride and ask students to update their route maps.

ASK STUDENTS:

- » Were any hazards identified during the ride?
- » To complete Quick Quiz 12
- » To complete the post survey online