

# WALK! BIKE! FUN!



The Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum was developed by the Bicycle Alliance of Minnesota through a contract with the Minnesota Department of Transportation in collaboration with BlueCross BlueShield of Minnesota. With the *Walk! Bike! Fun!* curriculum, we will help schools teach children life long skills to safely walk and bike in their community.

Many children are injured each year through unsafe walking and bicycling activities. Teaching children while they are in school to be safe on sidewalks and roads will help reduce those injuries. The curriculum is developed for younger elementary grades (K-3) to teach safe walking skills and then advancing to safe bicycling skills in the upper elementary grades (4-8).

The curriculum includes lessons to teach:

- how to safely cross the road.
- traffic laws and responsible riding.
- parts of a bike and proper attire including wearing a bike helmet.
- communicating with pedestrians and vehicle drivers.
- scanning, stopping and proper positioning on the road.

BikeMN's mission includes the phrase "efforts to make Minnesota more bicycle friendly so more people will ride bikes more often. BikeMN is teaching bicyclists of all ages to safely ride and share the streets, roads and trails with vehicles and pedestrians. We see Minnesota as a state where bicycling is a safe, easy, fun and cool choice for everyone.

For additional information on safe walking and biking education, contact Michelle Breidenbach, Safe Routes To School Education Coordinator at [michelle@bikemn.org](mailto:michelle@bikemn.org).

For more information about the curriculum and additional resources, visit [walkbikefun.org](http://walkbikefun.org).

## WALK!

- LESSON 1** **Traffic and You**  
Educational Goal: To develop an understanding of how to walk safely near traffic.
- LESSON 2** **Visual Barriers and Model Street Crossing**  
Educational Goal: To develop an understanding of how to safely cross the street around barriers.
- LESSON 3** **Crossing Intersections** Educational Goal: To develop an understanding of how to safely cross the street at an intersection
- LESSON 4** **Neighborhood Walk and Celebration**  
Educational Goal: To demonstrate mastery of skills learned in the pedestrian safety curriculum.

## BIKE!

- LESSON 1** **Bicycle Ridership and Safety** Educational Goal: To develop an understanding of the importance of traffic laws and how they pertain to driving a bicycle.  
**BONUS LESSON: Rules of the Road**
- LESSON 2** **Protect Your Melon** Educational Goal: To understand the brain and brain functions and importance of bike helmets and proper fit.  
**BONUS LESSON: Courtesy & Communication**
- LESSON 3** **Before You Go** Educational Goal: To recognize the parts of a bike and understand the importance of conducting a quick safety check before riding.  
**BONUS LESSON: Tuning Your Mind and Body**
- LESSON 4** **Changing a Flat** Educational Goal: To understand why it is important to know how to fix a flat tire and what equipment is needed to change a flat.  
**BONUS LESSON: Quick Reaction**
- LESSON 5** **Getting Started and Getting Stopped**  
Educational Goal: To develop the basic riding skills of using the "power pedal" position and braking.
- LESSON 6** **Drive My Bike Like a Car**  
Educational Goal: To develop basic riding skills of scanning and proper positioning on the road.
- LESSON 7** **Riding on the Road**  
Educational Goal: To understand how to be predictable, ride on the right, make proper turns and navigate intersections.
- LESSON 8** **Going for a Ride! A Two-Day Activity**  
Educational Goal: To gain confidence in safe on-road bicycling and demonstrate safe bicycling skills.