



Walk and Roll E-Toolkit

Lesson Plan and Activities

Module 1: How to Walk Safely

Objective: To give students the tools to be to be safe pedestrians.

1. **Lesson:** What is a Pedestrian and The Steps to Crossing the Street

Pedestrian = A person walking or using a mobility device near a road

Steps to Crossing the Street

1. Stop
2. Place one foot onto the crosswalk, or off the curb
3. Look left, right, and left again
4. Wait for vehicles to stop completely
5. Make eye contact with the person driving
6. Swiftly cross and continue to look left and right
7. Wave, smile and, say thank you

Video: [Crosswalk Safety Education Video](#)

Activity: Practice the steps to crossing the street! If you can't practice on a street, use chalk to make a pretend crosswalk. Have a family member take a picture or video of you crossing the street

2. **Lesson:** Every Corner is a Crosswalk

Crosswalk = Any intersection where two roads meet. Some have curb cuts, some are marked with white lines, and some are unmarked.

Activity: Identify the different kinds of crosswalks around your neighborhood. Walk around your neighborhood and see how many different types of crosswalks you can find. Take pictures, videos, write a description of each crosswalk, or draw a picture of your favorite crosswalk.

3. **Lesson:** Sidewalk Etiquette

Who has the right of way and what to do if there is no sidewalk.

Sidewalks keep us away from traffic and give us a clear path to walk along.

Video: [Pedestrian Safer Journey Ages 5 - 9](#)

Video: [Pedestrian Safer Journey Ages 10 - 14](#)

Video: [Pedestrian Safer Journey Ages 15 - 18](#)

Activity: When you are riding your bike on the sidewalk or in the crosswalk, you must move at a walking pace. In the times of social distancing, it is important to remain 6 feet apart. Use a ruler to measure how far 6 feet is so you can safely share the sidewalk with your neighbors.

Bonus Activity: Build a hopscotch maze with chalk using a sidewalk or walkway or driveway.

Module 2: Riding Your Bicycle

Objective: To teach students tips on how to use the road while riding their bikes.

1. **Lesson:** Let's get rolling! Helmet fittings and ABC quick check.

ABC quick check video: [ABC Quick Check Video](#)

Activity: ABC quick check! Perform an ABC quick check on your bike or draw a picture of your dream bike and label the parts you would need to check as part of the quick check.

2. **Lesson:** Using your hand signals

Video: Learn about the hand signals and how to use them: [Hand Signals Video](#)

Activity: Stand up and practice your hand signals.

3. **Lesson:** Riding in a group

There are 3 important rules to remember when riding your bike in a group:

1. Stay in a straight line.
2. Keep a bike's length of distance between yourself and the person in front of you.
3. Use your hand signals and your voice to tell people when you are turning and passing them.

Video: [Bicycle Safer Journey Ages 5-9](#)

Video: [Bicycle Safer Journey Ages 10 - 14](#)

Video: [Bicycle Safer Journey Ages 15 - 18](#)

Activity: Go outside and practice riding with the people in your household!

Bonus Activity: Teach the adults in your house how to use their hand signals and send us a video!

Module 3: Getting to Know Your Neighborhood

Objective: To familiarize students with their own neighborhoods and how to navigate it safely by walking or rolling.

1. Lesson: Map Making

Activity: Show us your walking/rolling route! Go on a walk with members of your household. Draw a map of your favorite route around your neighborhood on paper or even using chalk on the pavement outside. Include trails, parks, and secret cut-throughs! (And remember to follow Social Distancing guidelines.)

2. Lesson: Learn the characteristics of the best street to cross.

Activity: Find the marked crosswalk with lines on the road, what are the speed limits, and what kinds of vehicles use the street. Learn the differences between a street without a sidewalk, a basic sidewalk next to a lane of traffic, a sidewalk with a buffer, and a dedicated walking path or trail. Tell us your story. What is your favorite path?

Bonus Activity: It's springtime! Look out your window or go for a walk and count how many different colors of flowers you can see.

Module 4: Who Uses the Streets?

Objective: To teach students about how they, as people walking and rolling, fit in with other types of transportation options. This module is envisioned to be a slightly more advanced look at the transportation network, while staying age appropriate.

1. Lesson: Count the people using the road

Activity: Make a bar graph or a tally chart for who goes by your house. Pick a spot to sit inside or outside where you can see a road. Count the number of people driving a car, walking, biking, using a scooter, and the number of buses. Make a tally chart or bar graph on paper or outside with chalk. This can be done in any time frame from 5 min to 1 hour. Look at the results. Do you live on a busy road or a quiet road?

2. Lesson: Getting where you need to go

People get to their destinations in all sorts of ways. Driving is just one of them!

Activity: Next time you or your household drive somewhere, look out the window and point out crosswalks, sidewalks, and bike lanes. How many people do you see walking? How many people do you see biking? How many buses do you see? Imagine what route you might take to get there using sidewalks, crosswalks, and walking paths, and talk about it with your household!

Bonus Activity: Teddy Bear scavenger hunt! See how many teddy bears and other stuffed animals you can find perched in windows and on porches around your neighborhood [or adapt scavenger hunt to match what activities are taking place in your community.]




Attachment A – Sample Calendar with Oregon Department of Education Standards

WALK and ROLL



WALK AND ROLL LESSON PLAN

with Oregon Department of Education Standards & Sample Calendar

<p style="text-align: center;">MODULE 1: How to Walk Safely</p> <p style="text-align: center;">Objective: To give students the tools to be to be safe pedestrians.</p>
<p style="text-align: center;">Day 1: Steps to Crossing the Street</p>
<p>LESSON 1: How to Walk Safely</p>
<p>Lesson: What is a Pedestrian? The Steps to Crossing the Street. Check out this Video: Crosswalk Safety. Pedestrian = A person walking or using a mobility device near a road.</p> <p><u>Steps to Crossing the Street</u></p> <ol style="list-style-type: none"> 1. Stop 2. Place one foot onto the crosswalk, or off the curb 3. Look left, right, and left again 4. Wait for vehicles to stop completely 5. Make eye contact with the person driving 6. Swiftly cross and continue to look left and right 7. Wave, smile and, say thank you
<p>Activity: Practice the steps to crossing the street! If you can't practice on a street, use chalk to make a pretend crosswalk. Have a family member take a picture or video of you crossing the street.</p>
<p>Time: 20 – 30 min</p>
<p>Oregon Department of Education Standards Consistency:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Social Responsibility</p> </div> <div style="text-align: center;">  <p>Concepts</p> </div> <div style="text-align: center;">  <p>Self Management</p> </div> </div> <p>Comprehensive Health Education Healthy Behavioral Outcomes: PA-1, PA-2, PA-6, S-4, S-5, S-6, S-8 Comprehensive School Counseling: B-LS 1, B-SMS 9 PE Performance Indicators: PE.4.K.1, PE.4.K.3, PE.4.2-3.5, PE.4.4-5.4, PE.4.5.6, PE.4.5.7 HE Performance Indicators: HE.1.4.3, HE.1.4.4, HE.7.K-3.2</p>

Day 2: Types of Crosswalks

LESSON 2: How to Walk Safely - Every Corner is a Crosswalk

Lesson: Crosswalk = Any intersection where two roads meet. Some have curb cuts, some are marked with white lines, and some are unmarked.

Activity: Identify the different kinds of crosswalks around your neighborhood. Walk around your neighborhood and see how many different types of crosswalks you can find. Take pictures, videos, write a description of each crosswalk, or draw a picture of your favorite crosswalk.

Time: 30 min

Oregon Department of Education Standards Consistency:



Social
Responsibility



Activity for
Life



Concepts



Self
Management

Comprehensive Health Education Healthy Behavioral Outcomes: S-4, S-5, S-8

Comprehensive School Counseling: B-LS 1, B-SMS 9

PE Performance Indicators: PE.4.K.1, PE.4.K.3, PE.4.2-3.5, PE.4.4-5.4, PE.4.5.6, PE.4.5.7

HE Performance Indicators: HE.1.3-4.3, HE.1.4.4, HE.7.K-3.2, HE 1.4.3

Day 3: Crosswalk Etiquette & Social Distancing

LESSON 3: How to Walk Safely - Crosswalk Etiquette

Lesson: Who has the right of way and what to do if there is no sidewalk. Sidewalks keep us away from traffic and give us a clear path to walk along. Check out this video: [Pedestrian Safer Journey](#).

Activity: When you are riding your bike on the sidewalk or in the crosswalk, you must move at a walking pace. In the times of social distancing, it is important to remain 6 feet apart. Use a ruler to measure how far 6 feet is so you can safely share the sidewalk with your neighbors.

Time: 20 min

Day 3: Crosswalk Etiquette & Social Distancing

Oregon Department of Education Standards Consistency:



Social
Responsibility



Activity for
Life



Concepts



Self
Management

Comprehensive Health Education Healthy Behavioral Outcomes: S-4, S-5, S-6, S-8

Comprehensive School Counseling: B-LS 1, B-SMS 9, B-SS 8

PE Performance Indicators: PE 4.2-3.5, PE 4.4.4, PE 4.5.6, PE 4.6.1, PE 5.6.5

HE Performance Indicators: HE 1.1-12.2, HE 1.3-6.3, HE 1.6-8.11, HE 7.K-3.2

OPTIONAL BONUS ACTIVITY: Build a hopscotch maze with chalk using a sidewalk or walkway or driveway.

MODULE 2: Riding Your Bicycle
Objective: To teach students tips on how to use the road while riding their bikes.

Day 4: Getting Ready to Roll

LESSON 4: Riding your Bicycle - Let's get rolling!

Lesson: Learn about how to fit your helmet and how to do the ABC quick check on your bike, check out these videos: [Helmet Fitting](#) & [ABC Quick Check Video](#).

Activity: ABC quick check! Perform an ABC quick check on your bike or draw a picture of your dream bike and label the parts you would need to check as part of the quick check.

Time: 20 - 30 min

Oregon Department of Education Standards Consistency:



Demonstrate



Social
Responsibility



Activity for
Life



Concepts



Self
Management

Comprehensive Health Education Healthy Behavioral Outcomes: S-3, S-8

Comprehensive School Counseling: B-SMS 9

PE Performance Indicators: PE 4.5.7, PE 4.2-4.5

HE Performance Indicators: HE 7.K-3.1, HE 7.K-3.2, HE 1.4.4

Day 5: Bike Hand Signals

LESSON 5: Riding your Bicycle - Using your hand signals

Lesson: Learn about the hand signals and how to use them. Check out this video: [Hand Signals](#).

Activity: Stand up and practice your hand signals. Teach another member in your household how to use the hand signals.

Time: 15 min

Day 5: Bike Hand Signals

Oregon Department of Education Standards Consistency:



Demonstrate



Social
Responsibility



Activity for
Life



Concepts



Self
Management

Comprehensive Health Education Healthy Behavioral Outcomes: S4, S5, S7

Comprehensive School Counseling: B-SMS 9, BSS 8

PE Performance Indicators: PE 4.3.5, PE 3.3.4.1, PE 4.4.4, PE 4.4.5, PE 4.5.6-7

HE Performance Indicators: HE 7.K.2, HE 7.1.2, HE 7.2.2, HE 1.3.3, HE 1.4.3, HE 7.3.1, HE 5.6.7, HE 5.8.7

Day 6: PLAY DAY - Group Ride

LESSON 6: Riding your Bicycle - Riding in a Group

Lesson: There are 3 important rules to remember when riding your bike in a group:

1. Stay in a straight line.
2. Keep a bike's length of distance between yourself and the person in front of you.
3. Use your hand signals and your voice to tell people when you are turning and passing them.

Check out this video: [Bicycle Safer Journey](#).

Activity: Go outside and practice riding with the people in your household!

Time: 30 - 60 min

Oregon Department of Education Standards Consistency:



Motor Skills



Knowledge



Activity for
Life



Social
Responsibility



Demonstrate



Concepts



Decision
Making



Self
Management

Comprehensive Health Education Healthy Behavioral Outcomes: S-3, S-4, S-5

Comprehensive School Counseling: B-LS. 1, B-SMS 9

PE Performance Indicators: PE 4.3.5, PE 4.4.4, PE 4.5.6, PE 4.6.1, PE 5.6.5, PE 3.7.1, PE 4.7.6

HE Performance Indicators: HE 1.3.3, HE 7.3.1, HE 1.4.3, HE 1.6-8.11, HE 5.6-8.7, HE 6.6-8.6, 7.6.1, HE 8.6-8.4

OPTIONAL BONUS ACTIVITY: Teach the adults in your house how to use their hand signals and send us a video!

MODULE 3: Getting To Know Your Neighborhood

Objective: To familiarize students with their own neighborhoods and how to navigate it safely by walking or rolling.

Day 7: Map Making

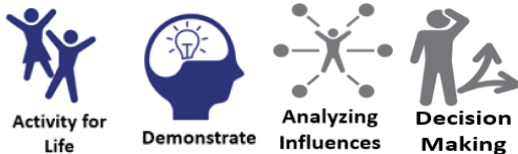
LESSON 7: Getting to know your neighbor - Map Making

Lesson: Practicing map making and show us your walking/rolling route!

Activity: Go on a walk with members of your household. Draw a map of your favorite route around your neighborhood on paper or even using chalk on the pavement outside. Include trails, parks, and secret cut-throughs! (And remember to follow Social Distancing guidelines.)

Time: 30 min

Oregon Department of Education Standards Consistency:



Comprehensive Health Education Healthy Behavioral Outcomes: S-5, S, 6, S- 8

Comprehensive School Counseling: B-LS 1, B-SMS 9, B-SS 8

PE Performance Indicators: PE 3.4-8.1, PE 4.5.6, PE 4.6.1, PE 4.8.3

HE Performance Indicators: HE 1.3-4.3, HE2.5.2, HE 1.6-8.11, HE 2.7.2, HE 8.6-8.4

Day 8: Street Characteristics

LESSON 8: Getting to know your neighbor - Learn the characteristics of the best street to cross

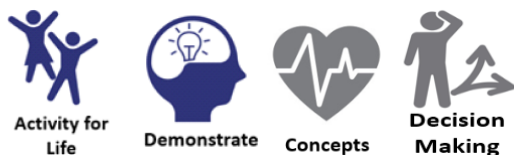
Lesson: Learn the characteristics of the best street to cross with this fun Activity!

Activity: Find the marked crosswalk with lines on the road, what are the speed limits, and what kinds of vehicles use the street. Learn the differences between a street without a sidewalk, a basic sidewalk next to a lane of traffic, a sidewalk with a buffer, and a dedicated walking path or trail. Tell us your story. What is your favorite path?

Time: 20 – 30 min

Day 8: Street Characteristics

Oregon Department of Education Standards Consistency:



Comprehensive Health Education Healthy Behavioral Outcomes: S-5, S, 6, S- 8

Comprehensive School Counseling: B-LS 1, B-SMS 9, B-SS 8

PE Performance Indicators: PE 3.4-8.1, PE 4.5.6, PE 4.6.1, PE 4.8.3

HE Performance Indicators: HE 1.3-4.3, HE2.5.2, HE 1.6-8.11, HE 2.7.2, HE 8.6-8.4

OPTIONAL BONUS ACTIVITY: Look out your window or go for a walk and count how many different colors of flowers you can see.

Day 9: Who Uses Your Streets

LESSON 9: Who Uses the Streets?

Lesson: Who uses the streets in your neighborhood? Use this activity to understand who is using the streets in your neighborhood.

Activity: Make a bar graph or a tally chart for who goes by your house. Pick a spot to sit inside or outside where you can see a road. Count the number of people driving a car, walking, biking, using a scooter, and the number of buses. Make a tally chart or bar graph on paper or outside with chalk. This can be done in any time frame from 5 min to 1 hour. Look at the results. Do you live on a busy road or a quiet road? Share your findings by uploading a picture of your bar graph or tally chart with a description of your results.

Time: 10 – 60 min

Oregon Department of Education Standards Consistency:



HE Performance Indicators: HE: 5.6.7, HE: 5.8.7

Day 10: Route Planning

LESSON 10: Getting where you need to go!

Lesson: People get to their destinations in all sorts of ways. Driving is just one of them!

Activity: Next time you or your household drive somewhere, look out the window and point out crosswalks, sidewalks, and bike lanes. How many people do you see walking? How many people do you see biking? How many buses do you see? Imagine what route you might take to get there using sidewalks, crosswalks, and walking paths, and talk about it with your household! Submit a drawing or description of a route in your neighborhood.

Time: 20 - 30 min.

Oregon Department of Education Standards Consistency:



OPTIONAL BONUS ACTIVITY: Scavenger Hunt - Teddy Bears in windows, or other creatures, chalk creations in driveways, what other fun surprises can you find?

Attachment B – Lesson Activity Pages

WALK and ROLL



Lesson: How to Walk Safely

Find an adult and practice the steps to cross the road

1. **THINK** - Think about what is a pedestrian?
 2. **REVIEW** - The Steps to Crossing the Street (see below).
 3. **WATCH** - Crosswalk Safety Video.
 4. **PRACTICE** - Find an adult and practice the steps to cross the road.*
 5. **UPLOAD to SHARE** - Have a family member take a picture or video of you crossing the street, or draw a picture about what you learned.
- *If you can't practice on a street, use chalk to make a pretend crosswalk.

TIP: A pedestrian is a person walking or using a mobility device near a road.

STEPS TO CROSSING THE STREET

1. Stop
2. Place one foot onto the crosswalk, or off the curb
3. Look left, right, and left again
4. Wait for vehicles to stop completely
5. Make eye contact with the person driving
6. Swiftly cross and continue to look left and right
7. Wave, smile and, say thank you





How to Walk
Safely

Lesson: Every Corner is a Crosswalk

How many different types of crosswalks can you find in your neighborhood?

- 1. **THINK** - What is a crosswalk and what type of crosswalks do you think you have in your neighborhood?
- 2. **SEE** - Walk around your neighborhood and see how many different types of crosswalks you can find.
- 3. **UPLOAD to SHARE** - Take a picture, video, write a description, or draw each crosswalk.

TIP:
Crosswalk = Any intersection where two roads meet. Some have curb cuts, some are marked with white lines, and some are unmarked.





No matter what it looks like, anywhere two roads meet (called an intersection) is actually a crosswalk!

**This means people walking and rolling have “right of way.”
Drivers and bicyclists have to stop for walkers and rollers!**

How to Walk Safely

Lesson: Crosswalk Etiquette

Measure how far you must move to stay 6 feet apart?

1. **THINK** - Who has the right of way at a crosswalk and what do you do if there is no sidewalk?

2. **WATCH** - Pedestrian Safer Journey Videos.

3. **MEASURE** - In the times of social distancing, it is important to remain 6 feet apart. Use a ruler to measure how far 6 feet is so you can safely share the sidewalk with your neighbors.

3. **UPLOAD to SHARE** - Take a picture, video, or draw a picture of you sharing a crosswalk or sidewalk at a safe distance from other people walking or rolling.

TIP:

Sidewalks keep us away from traffic and give us a clear path to walk along.

When you are riding your bike on the sidewalk or in the crosswalk, you must move at a walking pace.



How to Bike
Safely

Lesson: Lets Get Rolling Helmet Fit & Bike Check

Practice helmet fitting and ABC Quick Check -or- Draw your dream bike

1. **LEARN** - Learn about how to fit your helmet and how to do the ABC quick check on your bike by watching these videos: Helmet Fitting & ABC Quick Check Video?

2. **YOUR TURN** - ABC quick check! Perform an ABC quick check on your bike or draw a picture of your dream bike and label the parts you would need to check as part of the quick check.

3. **UPLOAD to SHARE** - Take a picture or video of you performing your quick check or share your dream bike drawing.

TIP: ABC Quick Check
A: Air
B: Brakes
C: Chain
CHECK for any dangling straps or shoelaces





How to Bike
Safely

Lesson: Using Your Hand Signals

Stand up and practice
your hand signals!

Left, Right, Right Alt., & Stop

1. **LEARN** - Learn about the hand signals and how to use them by watching the Hand Signals video.
2. **YOUR TURN** - Stand up and practice your hand signals. Teach them to your other household members.
3. **UPLOAD to SHARE** - Take a picture or video of you performing your hand signals.

TIP:
Hand signals are how a person on a bike can communicate with other people that are driving, walking, or rolling!



Lesson: Riding in a Group

Go for a ride with your household – practice group riding etiquette!

1. **THINK** - What might be important when riding your bike in a group?
2. **WATCH** - Watch the Bicycle Safer Journey videos to learn more about riding in a group.
3. **YOUR TURN** - Go outside and practice riding with the people in your household!
4. **UPLOAD to SHARE** - Draw or have a household member take a picture or video of you practicing safe group riding.

TIPS:

1. Stay in a straight line.
2. Keep a bike's length of distance between yourself and the person in front of you.
3. Use your hand signals and your voice to tell people when you are turning and passing them.



Getting to
know your neighborhood

Lesson: Map Making

Practicing map making and show us your walking/rolling route!

1. **EXPLORE** - Go on a walk with members of your household.
2. **CREATE** - Draw a map of your favorite route around your neighborhood on paper or even using chalk on pavement outside. Include trails, parks, and secret cut-throughs!
3. **UPLOAD to SHARE** - Take a picture of your creation and share your favorite route.

**TIP: While
exploring
practice the 6
foot social
distancing rule.**



**commute
options**

Getting to
know your neighborhood

Lesson: Street Characteristics

Learn the characteristics of the best street to cross

1. **EXPLORE** - Find the marked crosswalk with lines on the road, what are the speed limits, and what kinds of vehicles use the street.
2. **LEARN** - Learn, by observation, the differences between a street without a sidewalk, a basic sidewalk next to a lane of traffic, a sidewalk with a buffer, and a dedicated walking path or trail.
3. **UPLOAD to SHARE** - Tell your story about what you learned by drawing a picture, photos, or a video of you sharing your discoveries. What is your favorite place to cross? What is your favorite path?



Walk AND Roll

Lesson: Who Uses the Streets

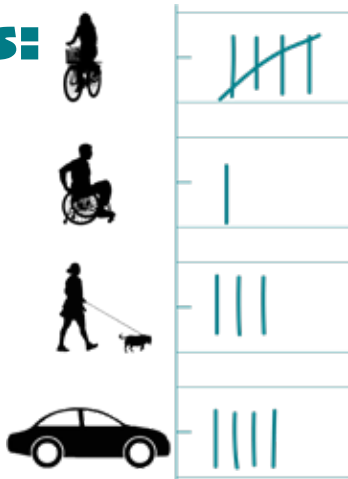
Who uses the streets in your neighborhood?

1. **OBSERVE** - Pick a spot to sit inside or outside where you can see a road. Observe who goes by your house and what type of ways they are using to move - by car, foot, bike, bus, or any other types of wheels that pass by!

2. **RECORD** - Count the number of people driving a car, walking, biking, using a scooter, the number of buses, and any other rollers that pass. Make your tally chart or bar graph on paper or outside with chalk. This can be done in any time frame from 5 min to 1 hour.

3. **UPLOAD to SHARE** - Look at the results. Do you live on a busy road or a quiet road? Share your results by taking a picture of your record and include a drawing of anything fun you observed!

TIP: A tally chart looks like this:



TIP: A bar graph looks like this:



Walk AND Roll

Lesson: Getting Where You Need to Go

People get to their destinations in all sorts of ways.
Driving is just one of them!

1. **OBSERVE & TEACH** - Next time you or your household drive somewhere, look out the window and point out crosswalks, sidewalks, and bike lanes to others in the car. How many people do you see walking? How many people do you see biking? How many buses do you see?

2. **IMAGINE** - Imagine what route you might take to get there using sidewalks, crosswalks, and walking paths. Share your ideas with your household.

3. **UPLOAD to SHARE** - Tell your story about what you observed: draw a picture or make a video sharing your observations, OR you could draw a tally or write about something interesting you saw on your journey.

