



Walk and Roll E-Toolkit

Lesson Plan and Activities 2.0

The Walk and Roll E-Toolkit Lesson Plan and Activities 2.0 includes additional lessons on walk and roll safety skills to engage, encourage, and educate students in Oregon through Safe Routes to School programming even while students are not able to physically attend school.

How to Use:

- The E-Toolkit lessons and activities are designed in a way that allows educators to pick and choose which parts they would like to use based upon their time available and individual community needs.

Lesson Plan and Activities

Below are the activities to be shared by SRTS Coordinators and educators with their SRTS communities, including students, families and school staff. Have students use [the Lesson Plan and Activities 2.0 Google Form](#) to track progress!

Module 1b. How to Walk MORE Safely – RULES TO KNOW WORKSHEETS

Objective: To build upon the foundational knowledge students have on how to be a safe person walking.

1. Lesson: RULES TO KNOW. Check out these diagrams of [Rules to Know](#). Test your rules to know knowledge by saying the correct answer where there are blanks in the following questions:

- When you are walking or biking at night, you should be ____ and wear _____. (*Be Visible, Wear lights and Reflectors*)
- You need to know what is happening around you. Stay ____ from ____ to _____. (*Alert, curb, curb*)
- When you stop at a street corner what are you watching for? _____ (*Turning vehicles*)
- You are ready to cross the street. Before you cross, wait for traffic to _____ and make _____ contact. (*Traffic Stops, Eye Contact*)
- Always remember to look with your _____ and listen with your _____, so do not forget to un-_____! (*Un-plug*)
- The best place to cross the street is at a cross _____ or a _____ corner. (*Crosswalks and Street corners*)
- In parking lots and at driveways, watch for _____ vehicles. (*Reversing vehicles*)
- When walking close to roads, walk _____ and _____ from traffic. (*facing, away*)
- When riding a bike on roads, ride the _____ direction as traffic. (same direction)

[Check out this FUN safe walking video.](#)

Activity: Go for a ride/walk/roll with someone in your household. Discuss the rules learned. You can point out rules that are used on the ride/walk/roll and how others are (or are not) using the rules. Draw a picture of you following one of the rules.

2. Lesson: REVIEW & RHYME STEPS TO CROSSING SAFELY. Let's review the steps to crossing the street and what types of signs we may see on trips outside:

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



[Check out this slide show to see familiar pedestrian safety signs and road crossings.](#)

Activity: Teach the people in your household the steps required to safely cross a road. Look out for different road signs you see on your way around your neighborhood. Talk about each sign and what it means. Print out [this Bingo Sheet](#) (or make your own) and play a little roadside bingo on your trip around your neighborhood. Cross off what you find and share!



Walking Safety Bingo

Print this Activity sheet for a family scavenger hunt in your neighborhood.

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Wild Card
Draw something
you see!



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Module 2b: Riding Your Bicycle BETTER

Objective: To reinforce students understanding on how to use their bike on the road.

1. Lesson: BIKE SKILLS AND DRILLS. Review the following videos to see skills that will make you a safer more confident person on a bike.

- Start/Stop – [Power Pedal Practice](#) & [Hand Signals-Bike Drills](#)
- Straight line (one hand riding and signal practice) [Bike Drills II](#)
- Shoulder Check (turn head not full body to look behind) [Bike Drills II](#)

[Check out this FUN Smart Biking Video.](#)

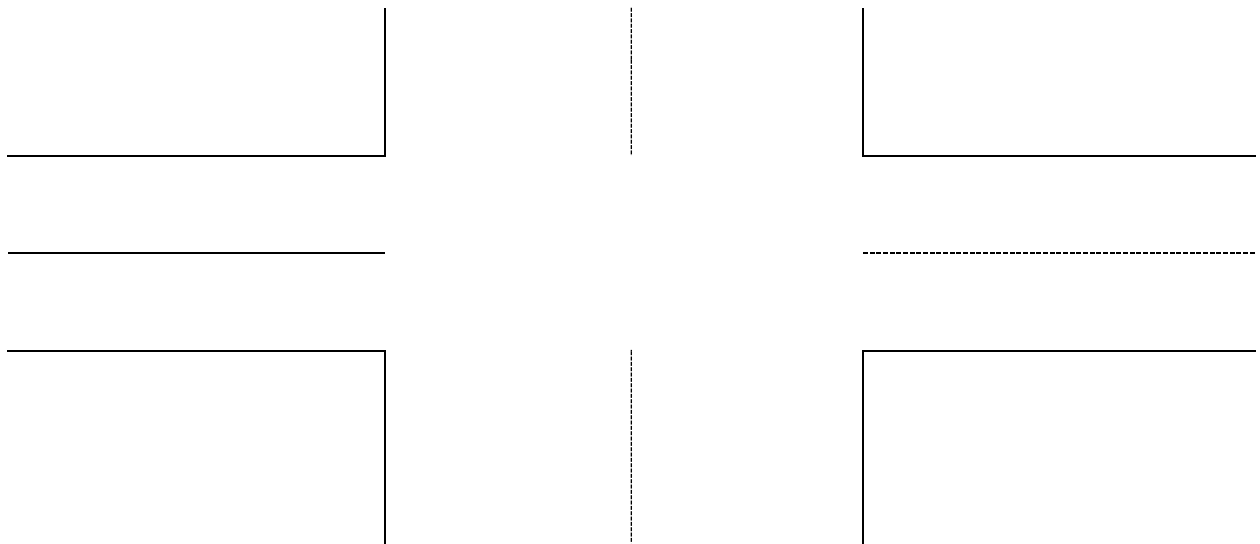
Activity: Team up with a family member or cohort companion. Take a bike into your driveway or nearby park that has paved areas that are free from cars. Once you have [Checked Your Helmet](#) and practiced an [ABC Quick Check](#), practice the safety drills on your bike. Draw or have a member of your household take a picture of you practicing your drills.

2. Lesson: NAVIGATE AN INTERSECTION: Learn how to move through an intersection as a person on a bike. Learn how to [Navigate an Intersection here](#). You may know how to navigate out of an intersection turning right, but how are your skills at going straight and turning left? What do you do when there are other road users using the intersection? Check out this video: [Right of Way](#).

Steps to Navigating an Intersection

1. **FIRST GOES FIRST:** The first person at the intersection, goes first.
2. **STRAIGHT GOES FIRST:** When two people are opposite each other, the person going straight goes first.
3. **RIGHT GOES FIRST:** When two vehicles arrive at the same time, the one on the right goes first.
4. **WALKING GOES FIRST:** If a pedestrian is crossing the street in a crosswalk or at a corner, the pedestrian has right of way and all vehicles, including bicyclists, must wait.

Activity: Grab some chalk and then team up with a family member or cohort companion. Take your chalk and a bike into your driveway or nearby park that has paved areas that are free from cars. Use your chalk to draw out an intersection on the pavement (see example intersections below). Once you have [Checked Your Helmet](#) and practiced an [ABC Quick Check](#), practice the intersection drills on your bike. Draw or have a member of your household take a picture of you practicing your drills.



Sample Intersections



Module 3b: Walk and Roll

Objective: To reinforce the student's comprehension of all the combined safety skills they have learned for both walking and biking.

- 1. Lesson: INTRODUCTION TO A TRAFFIC GARDEN.** Traffic Gardens are a great way to practice your skills for walking and rolling. A traffic garden is a model (a mini version) of streets and traffic safety features that you can learn from. In this lesson you are going to Design your own! You can create your own or explore the pieces of a traffic garden here: [Discover Traffic Gardens.](#)

Activity. Gather scissors, glue sticks and paper and supplement with own crafting supplies and recyclables to enhance creations! Use the [DIY Traffic Garden Worksheet](#) or use your own paper to draw your own design. You can make a road that has bike lanes, different intersections (add a roundabout), and your favorite destinations (the park, school, or your friend's houses). This will prepare you for your next fun activity.

- 2. Lesson: MAKE &/OR EXPLORE A TRAFFIC GARDEN.** Now GO! In this lesson you will take your drawing and make it come to life.

Activity. Find a Traffic Garden in your neighborhood or [make your own](#) in the nearest driveway or open blacktop area. Grab some chalk and get creative! Once you are done, teach a member of your household how to cross the street and then how to navigate an intersection. If you do not have the space for a traffic garden you can use your chalk to create a life size [Chutes and Ladders gameboard!](#)

- 3. Lesson: ADVANCED MAP MAKING.** In this lesson students will practice using online tools to make the best route to the places they walk and roll to. Watch this Map Making video to see how this tool can be used to make a safe walking or rolling route.

Activity: Decide on one of your favorite places to walk or roll to in your neighborhood (maybe it's a traffic garden you made with chalk in the nearby park!). You are going to map your route using My Maps. Use [Google My Maps](#) to decide start and end points of your route(s). Identify main roads, quiet roads, crossings, paths, etc. that can be used to get where you want to go. Decide which roads, crossings you'd choose to avoid and which you'd use. Think about what and who you may see on the route, and how to safely interact with them. Check out this [How to Video for My Maps.](#)

Examples of what you may see on the route include:

- Other route users, cyclists, pedestrians
- Animals
- Vehicles
- Uncomfortable situations and people

Plan your route using safest roads and paths, practice skills needed to use routes. Drag the "○" to change the route based on what you know about identifying safe places to walk and roll. Then grab a family member or cohort companion, go outside and walk or roll on your route!!!

Thank You!



Contact

Commute Options
Safe Routes to School Coordinator
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Find additional resources:

OregonSafeRoutes.org/physical-distancing/



Walk and Roll E-Toolkit Lesson Plan 2.0 Attachments October 2020

These following attachments provided additional ways to distribute the Walk and Roll E-Toolkit Lesson Plan 2.0. The attachments assist teachers in planning and provide materials to load onto virtual learning platforms. Addition resources can be found on www.oregonsaferoutes.org.

Attachment A: The Sample Calendar with Oregon Department of Education Standards provides a framework for implementing the lesson in 2.0. Plus, it includes the Physical Education, Health Education, and Comprehensive School Counseling standards that each lesson aligns with.

Attachment B: The Lesson Activity Pages take each lesson and makes it into a bite size activity page that can be uploaded to Google Classroom or Seesaw to guide the student. Recordings of these lessons have been made to assist early readers and can be found [here](#).

Attachment A

Sample Calendar with Oregon Department of Education
Standards

E-Toolkit

WALK and ROLL Lesson Plan 2.0



WALK AND ROLL 2.0 LESSON PLAN

with Oregon Department of Education Standards & Sample Calendar

MODULE 1b: How to Walk MORE Safely

Objective: To build upon the foundational knowledge students have on how to be a safe person walking by foot or mobility device.

Day 1: Rules to Know

LESSON 1: Rules to Know

Lesson: Check out the diagrams on the [Rules to Know](#) worksheet. Test your knowledge of the rules by saying the correct answer where there are blanks in the questions on the worksheet.

Activity: Go for a ride/walk/roll with someone in your household. Discuss the rules learned. You can point out rules that are used on the ride/walk/roll and how others are (or are not) using the rules. Draw a picture of you following one of the rules.

Time: 20 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-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

Day 2: STEPS TO CROSSING SAFELY

LESSON 2: Steps to Crossing Safely

Lesson: Let's review the steps to crossing the street and what types of signs we may see on trips outside. Review the [slides](#).

Activity: Teach the people in your household the steps required to safely cross a road. Look out for different road signs you see on your way around your neighborhood. Talk about each sign and what it means. Print out [the bingo sheet](#) (or make your own) and play a little roadside bingo on your trip around your neighborhood. Cross off what you find and share!

Time: 30 min

Oregon Department of Education Standards Consistency:



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

MODULE 2b: Riding Your Bicycle BETTER

Objective: To reinforce students' understanding on how to use their bike on the road.

Day 3: Bike Skills and Drills

LESSON 3: Bike Skills and Drills

Lesson: Review the following videos to see skills that will make you a safer more confident person on a bike.

- Start/Stop – [Power Pedal Practice](#) & [Hand Signals-Bike Drills](#)
- Straight line (one hand riding and signal practice) [Bike Drills II](#)
- Shoulder Check (turn head not full body to look behind) [Bike Drills II](#)

Activity: Team up with a family member or cohort companion. Take a bike into your driveway or nearby park that has paved areas that are free from cars. Once you have [checked your helmet](#) and practiced an [ABC Quick Check](#), practice the safety drills on your bike. Draw or have a member of your household take a picture of you practicing your drills.

Time: 30 min

Oregon Department of Education Standards Consistency:



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

Comprehensive School Counseling: B-SMS 9

PE Performance Indicators: PE.4.K.1, PE.4.2.5, PE.4.3.5, PE 3.4-8.1, PE.4.4.4, PE. 4.4.5, PE.4.5.7,

HE Performance Indicators: HE 1.3-4.3, HE.7.2-3.2, HE 1.6-8.11, HE 7.6-8.1

Day 4: Navigate an Intersection

LESSON 4: Navigate an Intersection

Lesson: Learn how to move through an intersection as a person on a bike. Learn how to [navigate an intersection here](#). You may know how to navigate out of an intersection turning right, but how are your skills at going straight and turning left? What do you do when there are other road users using the intersection? Check out this video: [Right of Way](#)

Activity: Grab some chalk and then team up with a family member or cohort companion. Take your chalk and a bike into your driveway or nearby park that has paved areas that are free from cars. Use your chalk to [draw out an intersection](#) on the pavement. Once you have [checked your helmet](#) and practiced an [ABC Quick Check](#), practice the intersection drills on your bike. Draw or have a member of your household take a picture of you practicing your drills.

Time: 20 - 30 min

Oregon Department of Education Standards Consistency:



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

MODULE 3b: Walk and Roll

Objective: To reinforce the student's comprehension of all the combined safety skills they have learned for both walking and biking.

Day 5: TRAFFIC GARDENS

LESSON 5: Introduction to a Traffic Garden

Lesson: Traffic Gardens are a great way to practice your skills for walking and rolling. A traffic garden is a model (a mini version) of streets and traffic safety features that you can learn from. In this lesson you are going to Design your own! You can create your own or explore the pieces of a traffic garden here: [Discover Traffic Gardens](#).

Activity: Gather scissors, glue sticks and paper and supplement with own crafting supplies and recyclables to enhance creations! Use the [DIY Traffic Garden Worksheet](#) or use your own paper to draw your own design. You can make a road that has bike lanes, different intersections (add a roundabout), and your favorite destinations (the park, school, or your friend's houses). This will prepare you for your next fun activity.

Time: 15 - 30 min

Oregon Department of Education Standards Consistency:



Knowledge



Social
Responsibility



Activity for
Life



Concepts



Advocacy

Comprehensive School Counseling: B-LS2, B-LS 5, B-LS 10, B-SMS 9.

PE Performance Indicators: PE.3.K.1, PE.4.K.3, PE.4.1.1, PE.4.2.6

HE Performance Indicators: HE.8.K.1

Day 6: PLAY DAY – TRAFFIC GARDENS

LESSON 6: Make or Explore a Traffic Garden









Lesson: Now GO! In this lesson you will take your drawing and make it come to life.

Activity: Find a Traffic Garden in your neighborhood or make your own in the nearest driveway or open blacktop area. Grab some chalk and get creative! Once you are done, teach a member of your household how to cross the street and then how to navigate an intersection.





If you do not have the space for a traffic garden you can use your chalk to create a life size [Chutes and Ladders gameboard](#)!

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: PA-1, S-4, S-5, S-6, S-8
 Comprehensive School Counseling: B-LS-1, B-LS 5, B-LS 10, B-SMS 9.
 PE Performance Indicators: PE.3.K-6.1, PE5.1.1, PE4.3.5
 HE Performance Indicators: HE.7.K-6.1, HE1.3.3,

Day 7: ADVANCED MAP MAKING
LESSON 7: Getting to know your neighbor - Map Making
Lesson: In this lesson students will practice using online tools to make the best route to the places they walk and roll to. Watcht this video* to see how this tool can be used to make a safe walking or rolling route.
Activity: Decide on one of your favorite places to walk or roll to in your neighborhood (maybe it's a traffic garden you made with chalk in the nearby park!). You are going to map your route using My Maps. Use Google My Maps to decide start and end points of your route(s). Identify main roads, quiet roads, crossings, paths, etc. that can be used to get where you want to go. Decide which roads, crossings you'd choose to avoid and which you'd use. Think about what and who you may see on the route, and how to safely interact with them. Plan your route using safest roads and paths, practice skills needed to use routes. Drag the "□" to change the route based on what you know about identifying safe places to walk and roll.
Time: 30 min
Oregon Department of Education Standards Consistency:
   
Activity for Life Demonstrate Analyzing Influences Decision Making
Comprehensive Health Education Healthy Behavioral Outcomes: S-5, S, 6, S- 8 Comprehensive School Counseling: B-LS 5, B-LS 10 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

Attachment B

Lesson Activity Pages

E-Toolkit

WALK and ROLL Lesson Plan 2.0



How to Walk
MORE Safely

Lesson: Rules to Know

Let's test your safety knowledge

1. **REVIEW** - Check out these diagrams of rules to know - RULES to KNOW.
2. **WATCH** - Watch this fun SAFE WALKING VIDEO.
3. **TEST** - Test your knowledge of the rules by saying the correct answer where there are blanks in page 2 of Rules to Know worksheet.
4. **PRACTICE** - Go for a walk/roll with someone in your household. Discuss the rules . Point out rules that are used on the ride/walk/roll and how others are (or are not) using the rules.
5. **UPLOAD to SHARE** - Draw a picture of you following one of the rules and share/upload.

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



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How to Walk
MORE Safely

Lesson: Steps to Crossing Safely

Lets Review! Steps to crossing the street and types of signs

TIP: STEPS TO CROSSING

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

1. **THINK** - What are the steps to follow to cross the street?

2. **REVIEW** - Check out THIS SLIDE SHOW to help you remember the steps to crossing and review familiar pedestrian safety signs and road crossings .

3. **TEACH** - Go outside and teach the people in your household the steps required to safely cross. Look out for different road signs you see around your neighborhood. Talk about each sign and what it means.

4. **BINGO** - Print out THIS BINGO sheet (or make your own) and play a little roadside bingo on your trip around your neighborhood.

5. **UPLOAD to SHARE** - Cross off what you find, take a picture of your bingo sheet, share/upload



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Riding Your
Bicycle BETTER

Lesson: Bike Skills and Drills

Let's learn skills to make you a safer more confident person on a bike!

1. **LEARN** - Learn the skills, start by watching these videos:

Start/Stop – POWER PEDAL & HAND SIGNALS

Straight line (one hand riding and signal practice) BIKE DRILLS II

Shoulder Check (turn head not body to look behind) BIKE DRILLS II

2. **PRACTICE** - Team up with a family member or cohort companion. Take a bike into your driveway or nearby park that has paved areas that are free from cars. CHECK YOUR HELMET and practiced an ABC QUICK CHECK, then practice the safety drills.

3. **UPLOAD to SHARE** - Draw or have a member of your household take a picture of you practicing your drills, share/upload.

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

EXTRA:
Check out this FUN
SMART BIKING VIDEO



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Riding Your
Bicycle BETTER

Lesson: Navigate an Intersection

Learn how to move through an Intersection as a person on a bike!

1. **LEARN** - Learn how to NAVIGATE AN INTERSECTION HERE.

2. **THINK** - You may know how to navigate out of an intersection turning right, but how are your skills at going straight and turning left? What do you do when there are other road users using the intersection? Check out this video: [RIGHT OF WAY](#).

3. **MAKE** - Grab some chalk and then team up with a family member or cohort companion. Take your chalk and a bike into your driveway or nearby park that has paved areas that are free from cars. Use your chalk to draw out an intersection on the pavement. See [EXAMPLES](#).

4. **PRACTICE** - CHECK YOUR HELMET and practice ABC QUICK CHECK, then practice the intersection drills on your bike.

5. **UPLOAD to SHARE** - Draw or have a member of your household take a picture of you practicing your drills, share/upload.

TIP:

At an intersection

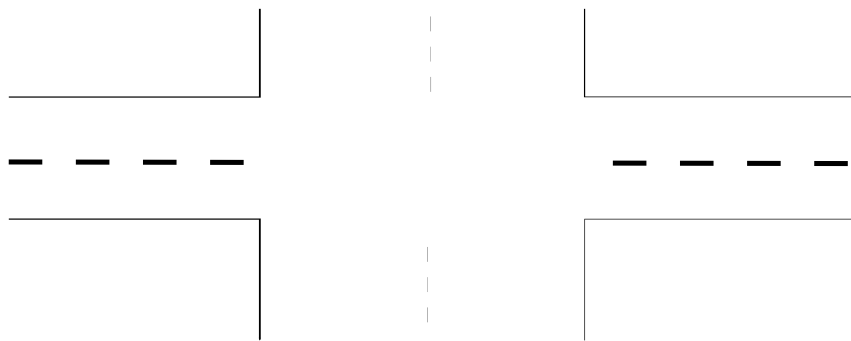
1. First goes first.
2. Straight goes first.
3. Right goes first.
4. Walking Goes first.



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Lesson: Navigate an Intersection

- EXAMPLE INTERSECTION



Walk and Roll

Lesson: Introduction to Traffic Gardens

Traffic Gardens are a great way to practice your skills for walking and rolling—lets design one!

1. **LEARN** - Explore the pieces of a traffic garden here: [DISCOVER TRAFFIC GARDENS](#).

2. **PREPARE** - Gather scissors, glue sticks and paper and supplement with own crafting supplies and recyclables to enhance creations!

3. **DRAW** - Use the [DIY TRAFFIC GARDEN WORKSHEET](#) or use your own paper to draw your own design. You can make a road that has bike lanes, different intersections (add a roundabout), and your favorite destinations (the park, school, or your friend's houses). This will prepare you for your next lesson.

4. **UPLOAD to SHARE** - Take a picture of your creation and share/upload.

TIP:

A traffic garden is a model (a mini version) of streets and traffic safety features that you can learn from!



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Walk and Roll

Lesson: Make/Explore Traffic Gardens

Now GO!

In this lesson you will
take your drawing and
make it come to life!

1. **EXPLORE & CREATE** - Find a Traffic Garden in your neighborhood or make your own in the nearest driveway or open blacktop area. Grab some chalk and get creative!

2. **TEACH** - Once you are done, teach a member of your household how to cross the street and then how to navigate an intersection.

*If you do not have the space for a traffic garden you can use your chalk to create a life size Chutes and Ladders gameboard!

3. **UPLOAD to SHARE** - Draw or have a member of your household take a picture of you using your creation or discovery.

TIP: Traffic Gardens are a great way to practice everything you have learned!!



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Walk and Roll

Lesson: Advanced Map Making

Let's map the best route to where you walk and roll to!

1. **WATCH** - Watch this MY MAP VIDEO showing how to use the online mapping tool to make a safe walking or rolling route.
2. **THINK** - Decide on one of your favorite places to walk or roll to in your neighborhood (maybe it's a traffic garden you made with chalk in the nearby park!). Think about what and who you may see on the route, and how to safely interact with them. Plan your route using the safest roads and paths.
3. **MAP** - You are going to map your route using Google My Maps. Use this mapping tool to decide start and end points of your route(s). Identify main roads, quiet roads, crossings, paths, etc. that can be used to get where you want to go. Decide which roads, crossings you'd choose to avoid and which you'd use.
4. **UPLOAD to SHARE** - You can take a screen shot and share/upload your map or use the share function on the program.

TIP:
Drag the "o" to change the route based on what you know about identifying safe places to walk and roll.

TIP:

Examples of what you may see on the route include:

- Other route users, cyclists, pedestrians
- Animals
- Vehicles
- Uncomfortable situations and people



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