

Walk Sense Condensed Curriculum Grades 3–5

Lesson Objectives

The objective of this introductory lesson is to teach students basic vocabulary and safe street- crossing behaviors. It is important that children understand they need an adult or older sibling present before they can cross the street until they are ten years old.

Daily Learning Targets:

- I can define and use appropriate walker safety vocabulary
- I can identify basic street signs
- I can understand personal safety

Applicable National Standards of Learning:

Kentucky Common Core Standard: PL-4-PW-U-6: positive health habits can help prevent injuries...to self and others NHES: 7

National Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Materials needed:

- Technology for videos
- Signs and Signals printed (one set)
- Pre Test hand outs
- Pencils
- A large marker board or large format paper
- Marker

1. Pre-Test

- Pass out the test and pencils.
- Remind students we are asking what they already know. They do not have to know the answers yet.
- Ask students to circle “Pre Test” at the top of the paper.
- Students should choose their best guess.
- Read the questions and multiple choice answers aloud for students in kindergarten through second grade.

2. Ice Breaker

- Ask students to raise their hands if they have ever walked to school or around their neighborhood. Maybe they have even walked with their parents or older siblings during Thunder over Louisville or at the Kentucky State Fair.
- Inform students at some point we all walk.
- Inform students they will be learning ways to be safer while walking.

3. Vocabulary

- Read aloud the following vocabulary words and definitions to the students.

- Write each word on a board or large paper so that students can see them throughout this lesson. In the table below, the Vocabulary words are on the left, and the meanings are on the right.

Safe	To be careful and avoid danger.
Pedestrian	A person who is walking.
Curb	Raised pavement between the edge of the road and the sidewalk. When we get to a curb, we stop. Then we look.
Crosswalk	A marked place to cross the street. <i>*Schools often have crosswalks in front of them; ask students if they have seen one when they come in to school.</i>
Corner	Where two roads meet and the sidewalk stops.
Signals	Lights and signs tell cars and people when to stop and go.
Left/Right	<i>*Have students extend their left arm and form the shape of an "L" with their hands to practice identifying left and right.</i>
Sidewalk	Paved path for pedestrians to the side of a road
Edge	The side of end of something <i>*We will be talking about the "edge" of the street in a moment</i>
Traffic	Movement along a road; includes pedestrians, cars, bikes, and scooters
Block	A group of buildings with streets around them. Blocks usually have four corners. <i>*Students probably live on a block with a street in front of their home, a street to the left of their home, and a street to the right of their home. Ask students if they walk "around the block" with their families.</i>
Trust	Trust is very important. Trust means that you know someone really well, and you think you can rely on them. <i>*Cross the street with older people that you trust.</i>
Intersection	An area where multiple roads meet

Visual Screen	Any object that blocks your view of traffic when you are preparing to cross the street; any object that blocks a car driver's ability to see you as you prepare to cross the street
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4. Signs

- Show students each example of the traffic signs and signals at the end of the curriculum while reviewing the purpose of the signals, listed below:
 - The “Walk” signals mean that students *may* walk. But sometimes people in cars are not doing what they are supposed to do! It might be *your turn*, but it might not be *safe*. So when students see the “Walk” sign, Stop. Then Look and Listen. When no more cars are coming, cross the street and keep looking Left and Right.
 - The “Don’t Walk” signals mean that students should not start walking across the street. Wait for the next Walk signal. This signal may appear as words or as a hand.
 - The Countdown signal has a hand and a number. The hand means “Wait” if you have not started crossing the street. If you have already started crossing the street when you see this symbol, you have that many seconds remaining to cross.
 - Traffic Lights are for people using the road. They are red, yellow, and green. Ask students what each color means.
 - Crosswalks are painted on the road. Cross the street at crosswalks.

5. Video

- Play *Pedestrian Safer Journey*. Then review safety questions below.
- <http://www.pedbikeinfo.org/pedsaferjourney/index.html>

6. Review

- Ask students the following questions. The best answer is shown on the right of each question.

1. What is the first thing you do when you come to a curb or edge of a street?	Stop!
2. Should you stop at the edge of the street sometimes or always?	Always!

3. Is it safer to cross at the corner or in the middle of the street?	It is safer to cross at the corner or at a crosswalk, never at mid-block where cars do not expect to stop for pedestrians.
4. Which way(s) should you look before crossing the street?	First, look in the direction the cars are coming, which is usually left. Then look right, and then left again. That's "Left, Right, Left Again."
5. Can anyone guess why we look left first?	Since cars drive on the right side of the road, the cars coming from the left will be closer to us than the ones coming from the right. Replay the video so that students can see this again.
6. If you see a car coming when you are going to cross the street, what should you do?	Wait for the car to pass, and then look "left, right, left again" until it is safe to cross.
7. Does a "WALK" signal always mean go?	No, people in cars may not be doing what they are supposed to do. They may be looking at their phones or turning up the stereo. Do not cross in front of someone who is not paying attention.

7. Activity

- Ask students to raise their hands if they know what the Safe behavior is in each situation. In the table below, situations are listed on the left, the correct answer is listed in the middle column, and the safe behavior for each situation is in the right column.

Situation	Is this Safe or Unsafe?	What is the Safest Behavior?
You're playing basketball with a friend, and the ball rolls into the street. Your friend runs into the road to get it.	Unsafe. Do not run across the street. Do not step into the roadway before you have Stopped, Looked, and Listened.	Walk to get the ball when no more cars are coming. Stop, Look, and Listen.
You're walking to a friend's house with earbuds in your ears, listening to your favorite song at top volume.	Unsafe. Always Look and Listen when crossing the street.	Take your earbuds out of your ears when you are crossing the street.
You're walking on a street	Unsafe. You cannot see the	When there is no sidewalk,

without a sidewalk. You decide to walk on the right.	cars that are coming toward you.	Walk on the left side of the street facing cars
You are about to cross in a crosswalk, and you see the "Don't Walk" signal. You wait.	Safe.	Pedestrian obeyed crosswalk signal and stopped at the curb before crossing.
There are big, tall buses parked along the street where you want to cross. You cross in front of a bus.	Unsafe. The trash can is a "visual screen" that means cars cannot see the person crossing until they are already in the street.	Walk to the crosswalk to cross the street.
You are in a hurry, so you cross without looking.	Unsafe. Look Left, Right, Left Again, before crossing. Then keep looking left and right.	Stop. Look. Listen. Look Left, Right, Left Again; then cross and continues to look as you cross.

- Ask students if they have any additional ideas for Safe or Unsafe behavior.

8. Lesson Review

- Knowing the difference between safe and unsafe ways to cross the street is an important part of being a safe pedestrian.
- Safe walkers Stop, Look, Listen for cars before crossing the street.
- Always stop and look Left, Right, Left Again before crossing the street.
- Always cross at the crosswalk or corner, not the middle of the block.
- Always walk on the sidewalk, not the street. If there is no sidewalk, walk on the left edge of the street, so you can see cars coming toward you.
- Obey traffic signals and continue looking left, right, left while crossing.
- Always pay attention when walking into the street and never run into the street.
- Always make sure drivers can see you.

9. Post-Test

- Pass out the test and pencils.
- Ask students to circle "Post Test" at the top of the paper.

Directions: Circle best answer choice and raise your hand for any questions.

1. You want to walk to a friend's house. Should you walk without an adult?
 - A. Yes
 - B. No
 - C. Only at night.

2. Who can help you walk safely?
 - A. Your older brother or sister who is in high school
 - B. Your parent
 - C. A trusted adult
 - D. All of these people

3. What kind of clothes should you wear to help people in cars see you at night?
 - A. Something bright and reflective
 - B. Dark clothing
 - C. Heavy and warm
 - D. All of the above

4. Before crossing the street, where do you look?
 - A. Left, then right
 - B. Right then left
 - C. Left, right, and left again

5. Where do you walk if there is no sidewalk?
 - A. Walk facing traffic
 - B. Walk facing away from traffic (back turned)
 - C. There is always a sidewalk
 - D. Walk anywhere

6. Should you run across the street?
 - A. Never
 - B. If no cars are coming
 - C. If the signal says WALK
 - D. Always

7. Walking is good because...

- A. It's good for the environment
- B. It's good exercise
- C. It's fun
- D. All of the above

8. Pay attention when you are walking. What should you NOT do?

- A. Wear headphones or play games on your phone
- B. Walk with your parent or guardian
- C. Look for cars
- D. Look both ways

9. You are about to cross at a crosswalk when the walk signal changes from  to . What do you do?

- A. Run across the street.
- B. Look to make sure no cars are coming and then cross.
- C. Stop and wait for the next signal.

10. Before you cross a street you always have to stop and look for cars. Why?

- A. Drivers may get distracted and not see you.
- B. You should not have to look.
- C. A driver may not have time to stop.
- D. Both A & C

Signs













