

ACTIVITY 4/ Grades 1-2

BIKE HELMET DEMONSTRATIONS

OBJECTIVES:

- Students will recognize the correct and incorrect way to wear a bike helmet.
- Students will demonstrate the proper way to wear a bike helmet.
- Students will define the consequences of not wearing a bike helmet.

NEBRASKA STATE STANDARDS:

Science 1.7.1 (4.7.1) – Students will develop an understanding of personal health.

TIME/DURATION: 20 minutes

MATERIALS:

- One bike helmet

INSTRUCTIONS:

1. Explain to your students the importance of wearing a bike helmet properly and how injuries may occur otherwise.
2. Bring one of the students to the front of the classroom and demonstrate proper bike helmet placement on him or her. Show the students that the helmet should be parallel to the ground with the straps forming a “V” around each ear.
3. Then, show the three common ways to wear the helmet improperly—too far back, too far forward, or without a “V” around the ears.
4. Let each student come to the front of class and practice the right way to put on a helmet.
5. On some students, put the helmet on wrong for them and ask the class what the mistake is.