

**Activity:** Biking Brainstorm

**Target Group:** grades 5-8

**Recommended Size of class:** 20-35 students

**Time Requirement:** approximately 15 minutes

**Supplies Needed:** paper and pens/pencils, stopwatch, or timer, desks or other writing surfaces, safe cycling and other cycling related print resources

**Space Requirements:** a classroom is ideal. With enough space for all the groups to work independently

**Safety Considerations:**

**Rules:**

1. Class is divided into small groups (no more than 4-5 per group)
2. Once in groups students are given a piece of paper and a pencil
3. Instructor then announces a topic related to bike safety, such as 'things to do before you ride your bike'.

**Rules (continued)**

4. Groups then have 1- 2 minutes to write down as many things as they can, to do before they ride their bike. They are encouraged to use their resources to get as many ideas as possible
5. After two minutes, pens are down and each group takes a turn reading their list.
6. If other groups have the same words/ideas then they cross them off their list and all teams get a point for it
7. Other teams can also challenge opposing teams' ideas if they think it is incorrect or bogus.
8. The team with the most number of original words once everyone has gone through their list is the winner!
9. Repeat the cycle several times with different topics, and keep a running score.

**Learning Outcomes:** Participants will apply the knowledge of biking safety tips, and use the resources available to be successful in the challenge



**Sample Topics**

**Things to do before you ride:**

- ◆ Adjust seat height
- ◆ Check tires
- ◆ Check brakes
- ◆ Check helmet
- ◆ Be well nourished
- ◆ Drink water
- ◆ Wear bright reflective clothing
- ◆ Make sure lights /reflectors are working
- ◆ Tell someone where you are going
- ◆ Be prepared for the weather
- ◆ Etc.

**Safety rules while riding your bike:**

- ◆ Wear a helmet
- ◆ Have proper lights
- ◆ Ride on the proper side of the road
- ◆ Use hand signals
- ◆ Ride where you can be seen
- ◆ Ride in a straight line
- ◆ Obey traffic signs
- ◆ Etc



**TREKZONE**  
Eat Right. Be Active.

**Parts of a bike:**

- ◆ Handlebars
- ◆ Spokes
- ◆ Axle
- ◆ Fork
- ◆ Headset
- ◆ Down tube
- ◆ Top tube
- ◆ Seat tube
- ◆ Crank set
- ◆ Seat post tube
- ◆ Seat bolt
- ◆ Rear reflector
- ◆ Bell
- ◆ Light

**Please note:** Although you can use these samples the word/idea list is not exhaustive and there can be many more acceptable answers, also feel free to use other topics such as 'places you can ride your bike' 'reason to ride your bike instead of taking a car' etc.

**Niagara Region**  
PUBLIC HEALTH