

PEDESTRIAN SAFETY

LESSON PLAN – Grades 4 & 5

PURPOSE:

To instruct students about walking to and from school or the bus stop safely. They will review how to cross the street safely and will learn to read the streetscape.

OBJECTIVE:

Students will learn where and how to cross the street safely.

Students will know to cross at intersections, and that intersections with signals are the safest.

They will know to stop, look and listen at all crossings and to wait till traffic is clear before crossing.

Students will be able to evaluate different traffic scenarios and navigate through them safely.

They will know when a car is half way down the next block to wait for it to pass and when a car is more than a block away that it is safe to cross.

INTRODUCTION:

Total Lesson Time: 30 minutes

I. Type: Fact-based Attention Getter

Pedestrian injury remains the second leading cause of unintentional injury-related death among children ages 5 to 14.¹ Students in this age group can understand that traffic is dangerous. They are able to identify safe and unsafe crossings. They are more consistent in their safety practices,² and can read the landscape.

Today's lesson is on crossing streets safely and reading the streetscape [street landscape.]

II. Establish Credibility:

How many of you walked today?! How many of you have seen dangerous situations with pedestrians when you were walking? [If time, ask students to share a couple of stories.] What signs and guides did you see to help pedestrians walk safely? Today, we're going to review some ways you can keep yourself and your friends safe while walking and learn some more ways to "read the street."

¹ Borse NN, Gilchrist J, Dellinger AM, Rudd RA, Ballesteros MF, Sleet DA. *CDC Childhood Injury Report: Patterns of Unintentional Injuries among 0-19 Year Olds in the United States, 2000-2006*. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2008.

² *Safe Routes to School Guide Teaching Children to Walk Safely as They Grow and Develop: A guide for parents and caregivers* Pedestrian and Bicycle Information Center (PBIC) in collaboration with SRTS experts from around the country and support from the National Highway Traffic Safety Administration (NHTSA), Federal Highway Administration (FHWA), Centers for Disease Control and Prevention (CDC) and Institute of Transportation Engineers (ITE). August 17, 2006 maintained by the NCSRTS at www.saferoutesinfo.org

III. Preview Main Points:

Today, we will review some easy things you can do to walk safety and some environmental cues you can look for to help you walk safely.

PRESENTATION:

Type: Lecture + Discussion + Activity

Materials: The Pedestrian Quiz [later in the lesson plan]
Flipchart or chalk board or power point on which to write the Pedestrian Safety Rules
Copies of Stop Signs, Pedestrian Crossings/Crosswalks, Traffic Lights, Pedestrian lights – You can ask students to draw these on the board

Outline:

1st Main Point: Choosing a Route

With a trusted adult, pick a route to and from school or the bus stop and practice it. Always walk along the route you and your parent/ guardian picked. Choose a route with the fewest street crossings. When you are going to cross streets, pick intersections with a stop light or stop sign if possible. Avoid crossing busy streets. Walk on sidewalks whenever possible.

Does anybody have any questions about this basic idea?

Transition: Now, let's talk about some good walking safety rules.
First of all, what is a "pedestrian?"
Did you know that it comes from a Latin word meaning "feet?" So, we're going to talk about how to use our feet [and eyes and ears] to walk safely.

2nd Main Point: Pedestrian Safety Rules: Let's talk about each of these. These are not new to you, but the beginning of the year always is a good time to review them. [In discussion, have students point out the benefits of following these rules – eg., By avoiding crossing between parked cars, drivers can see you and avoid hitting you.]

1. Always cross at an intersection- at a corner. You can cross in the middle of a street if there is a painted crosswalk.
2. Never cross between parked cars.
3. Never run out into the street.
4. Only cross where you are able to see both ways down the street. Don't assume cars can see you just because you can see them.
5. If you have the choice of crossing at a corner with a signal or stop sign, cross there!
6. Cross corner to corner. Do not cross diagonally.
7. Walk inside the crosswalk if one is there and walk in a straight line.

Does anyone have any questions?

Transition:

There are other walking and biking cues and clues on the street to help you move safely. These signs, markings, and other parts of the landscape make up the streetscape.

3rd Main Point: The Streetscape: Show examples of stop signs, traffic lights, pedestrian lights, painted crosswalks etc. Explain the differences between the traffic light and the pedestrian signal.

1. Just because a light is green does not mean it is safe to walk.
2. You must wait for the walk sign! A blinking hand means to finish crossing if you have started, but not to start if you are on the corner.
3. A solid orange hand means don't walk.
4. Wait on the curb until cars have stopped and you have made eye contact with the driver, then cross.
5. Keep looking and listening for traffic as you cross.

Transition: Okay, let's see how your brains are doing – and have a quickie quiz to review what we've just discussed.

Suggested Activity: Pedestrian Quiz

Where is it safe to cross the street?

At corners and at marked crosswalks

What are the three things you should do every time you come to a crossing?

Stop, look and listen.

Why is it dangerous to walk out from between parked cars?

Cars block your ability to see traffic as well as the ability of other drivers to see you. A parked car could also move and hit you.

Why don't you run across the street?

You are more likely to fall down if you are running. If you fall a car might not be able to see you and could run over you.

Does a green light facing you mean it is safe to walk?

No. The green light is for the cars. You should follow the pedestrian signal- the WALK or DON'T WALK signal. You should always look for turning cars even if you have a WALK signal.

Transition and CONCLUSION: We have reviewed the basic safety rules for being a "pedestrian." On your way home from school today, list the signs and symbols you see to help people walk safely; we'll compare lists and talk about them tomorrow.

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