



Bike to School Day

Poster Contest Lesson Plan: Grades 4-8



Grade Levels

4th-8th



Subject

Bicycling traffic rules; Bike benefits



Materials

- 8.5" x 11" papers
- Markers, crayons, paint, pencils, or other drawing media



Lesson Duration

10-15 minutes



Objectives

- Teach students some traffic rules related to bicycling
- Understand the benefits of biking
- Design a bike-themed poster
- Have fun!



Lesson Plan

This two-part lesson plan aims to educate students on the **Rules of the Road** related to bicycling as well as the **Benefits of Bicycling**. After completing the lesson plan, students will be thinking about the many benefits of biking and will be ready to design a poster. More information on the poster contest on the following pages.

Teaching the Rules of the Road

Help students learn some traffic rules by reviewing and discussing the following:

- Ride in the same direction as traffic
- Ride in a straight line and behave predictably
- Stay on the right side of the road, and in the bike lane if present
- Obey all traffic signs
- Signal your turns:
 - *Left turn:* Stick your left hand out
 - *Right turn:* Stick your right hand out, or stick your left hand out with elbow bent upwards

Benefits of Bicycling

Next, help students understand the many **benefits of bicycling**. Ask them questions that remind them of reasons why they enjoy biking, such as:

- How does bicycling make you feel?
- What are some of the things that you like about bicycling?
- What is your favorite place to bike to?
- Why is biking more fun than riding in a car?
- What is a fun memory you had while biking?



Bike to School Day

Poster Contest Guideines

How it Works

Before participating in the poster contest activity, teachers are encouraged to facilitate the complementary lesson plan with their students. Following the lesson plan, students can design a poster that shows how bicycling to school makes them feel and submit to the Bike to Anywhere Day Poster Contest Committee by **May 5, 2023**.

Winners will be decided upon and notified by May 12.

Rules for Poster Design

- Students must create a poster that represents how bicycling to school makes them feel.
- Posters must be created by an individual child. (limit one poster submission per student)
- There are two grade categories for judging: grades K-3 and grades 4 – 8.
- Print off copies of the last page of this document and use it for the students posters
- Complete school name, child name, and parent contact information (address, email and telephone number) in space provided at the bottom of the form.
- Students can use pencil, marker, crayon, paint or another media. (keep in mind that electronic submission is easiest, so macaroni art may be harder to submit)
- Entry forms must be submitted by the end of the day, May 5, 2023 via e-mail to saferoutes.dot@state.mn.us.



Judging Standards

The winning posters will be selected by the Bike to School Day Poster Contest Committee on an objective and non-discriminatory basis. Selection will be based on the poster's visual impact and originality. All posters submitted for the contest will become the property of the Minnesota Department of Transportation and Minnesota Safe Routes to School.



2016 Winners

1st - 4th Grade Winners



1st Place: Lilian Reiter - 4th Grade



2nd Place: Lily Sabers - 1st Grade

5th - 8th Grade Winners



1st Place: Finn McEllistrem - 5th Grade



free

2nd Place: Olivia Klassen - 8th Grade



NAME/GRADE: _____

SCHOOL: _____