Alexandria City Public Schools:
Teaching “ACTIVE” Transportation
Pedestrian Education (PedEd)
Roll Out of PedEd

• Curriculum piloted by two elementary schools (2017-2018)
  - 4th graders did a Civic Trek Community Service project at MVCS where they had focus groups, completed walk audits, voted on a town name, and created:
    • a Pedestrian Safety book for the "library"
    • a Pedestrian Safety video for the "movie theatre"
    • Informative Posters to be hung in the hallways of the school during the unit
• PD session to share curriculum with all elementary school PE teachers (2019)
  - SRTS funding bought Ped. Packs
  - Schools started teaching in-person PedEd
• Virtual PedEd in all elementary (2020)
• Middle School PedEd In-Person (2021)
  - Implementation through 6th grade HPE classes
Elementary PedEd Stats

• Typically, students in second grade participate in the PedEd unit.
  • Yet, 2020-2021 all K-5 students participated virtually.

• Roughly 15% of ACPS students had not been exposed to pedestrian education prior to the 2020-2021 school year.

• 1,256 students were post-assessed and 78% passed all 7 questions after our virtual PedEd unit this 2020-2021 school year.
The following pedestrian safety skills are taught:

- define a pedestrian
- teaching/reminding students their left and right
- explain and demonstrate how to safely cross the street
  - using "Stop, Look, Wave"
- identify traffic signs and signals
- list ways to safely play outside
Pedestrian Safety

Mastery Objective:
Students will be able to describe the importance in pedestrian safety, name safe areas to play, and how to safely cross a street.

“I Can” Statements:
“I can tell you what a pedestrian is.”
“I can explain how to safely cross a street.”
“I can name ways to play safely outside.”

Essential Questions:
1. How can we walk smart?
2. How can we cross roads safely?

AGENDA

Learning Corner
Safety Rules & Tips
Day 1 – Pedestrian Safety Tips
Day 2 – Signs and Signals

Activity
Mock Town - Stations

Closure
Essential Questions Review “I Can”s
Mock Town
Skills Practice

Pedestrians

Cars
Virtual PedEd

Interactive Activity Board

★★ Click on the pictures to learn more! ★★
Virtual Highlights

Learn Your....

BASIC TRAFFIC SIGNS & SIGNALS

Slideshow of Traffic Signs

Movement Activity

Preview of Slide Activities

Kahoot! Assessment

Pedestrian Safety Exit Ticket: 2nd & 3rd Grades

1 favorite  19 plays  521 players

Play  Edit

Challenge in progress

Challenge finished View results  1 420

A public kahoot

Kids under the age ____ should hold hands with an adult.

Which signal means it is safe to cross the street?
The following pedestrian safety skills are revisited:

- explain and demonstrate how to safely cross the street
  - using "Stop, Look, Wave"
- identify traffic signs and signals
- describe the importance in following traffic signs
- list ways to access your environment through walking

Students complete travel tally surveys for SRTS
Bicycling in the Schools (BITS)
Roll Out of Elementary BITS

- Curriculum piloted at one elementary school (2016)
  - Alexandria Bicycle & Pedestrian Advisory Committee (BPAC) was very instrumental in this effort, along with many school and community partners
- SRTS Coordinator position for ACPS (2017)
  - BPAC was very instrumental in this effort, along with many school and community partners
- Expansion to all elementary schools (2017-present)
  - BPAC was very instrumental in this effort, along with many school and community partners
• Students in third grade participate in the BITS unit.

• Roughly 25% of students in each class had never ridden a bike.

• About 50% of students in each class rated themselves as "uneasy" riders.

• All students were pre and post assessed, with an overall 95% improvement.
Unit Outline

- The following skills are taught to all riders:
  - straight line riding and passing
  - stopping and turning using hand signals
  - safety skills, such as quick stop and scanning
  - road/trail rules were addressed, such as dismounting at crosswalks and railroad crossings, riding to the right and passing on the left, vocal communication, etc.
Helmet Check

“YOU CHECK”

1. Wear a properly fitted helmet.

Wear brightly colored clothing.

2. Make sure you do not have any dangling shoe laces, pant legs, etc.

3. Do not wear headphones or anything else that could block sound or be distracting while bicycling.

4. Don’t carry anyone else on your bike.
Parking Lot

ABC Quick Check

A
Is for AIR PRESSURE
Does the tire feel firm?

B
Is for BRAKES
Does the wheel stop quickly?

C
Is for CHAIN
Is the chain on track?
Is there anything caught in the chain?
Is the chain clean and lubricated?
Three Groupings
Beginners, Intermediate, & Advanced
Beginners
Self Start, Pedaling,
& Straight Line Riding
Intermediate
Self Start, Pedaling, Straight Line Riding, Turning, Take Off One Hand
Advanced - Courses
Straight line riding and passing
Hand Signals

Left

Slowing/Stop

Right
Observing Signs
Quick Stop & Scanning
Peer Assessing

Student being watched: [Blank]
Peer Observer: Sophie

Bicycling Peer Checklist
Did you observe your partner doing the following?

- Helmet Check
- ABC Quick Check
- Quick Stop
- Straight Line Riding
- Signals
- Scanning
- Stopping at a stop sign

Student being watched: Sophie
Peer Observer: [Blank]

Bicycling Peer Checklist
Did you observe your partner doing the following?

- Helmet Check
- ABC Quick Check
- Quick Stop
- Straight Line Riding
- Signals
- Scanning
- Stopping at a stop sign
Roll Out of Secondary BITS

• Bike Smart Virginia led a Professional Development Session in 2005
  - Biking was piloted and successfully taught for the next five years at both the middle and high school levels.

• Biking through PE (2010-2020)
  - Biking became sporadically taught by PE teachers comfortable and trained.

• BITS Curriculum Revised and Teacher Training (2021)
  - Bikes maintained and the curriculum was revised and implemented at 7th grade middle and then 9th & 10th high.
  - All ACPS secondary PE teachers provided BITS professional development training session.
Middle & High School BITS

- Students in 7th and 10th grade participate in the advanced BITS unit.

- Advanced cycling skills, traffic safety, and bike maintenance.

- The main focus is to achieve competency biking skills for a means of transportation, access, and physical activity.
The following skills are the focus:

- learning the rules of the road and consistently applying them to their own bicycling
- understanding traffic situations that can be dangerous for bikers
- building competency riding safely to encourage biking as a means of physical activity
Skills Focus

Diagram: Course Ride

Advanced Courses

Bike Maintenance

Lane Positioning
Assessments

Skills Rubrics for Grading Courses

Paper and Pencil Assessments

Peer Assessment
Off Campus Rides
Special THANKS!!!

- Alexandria Bicycle & Pedestrian Advisory Committee
  - Specifically Jim Durham, Eldon Boes, Casey Kane, Randy Cole, Jerry King and all other volunteers

- ACPS Safe Routes to Schools Coordinator Jennifer Wiser

THANK YOU!
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