



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.

Elementary PedEd Unit Outline

- 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

PedEd Agenda

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

Preview of Slide Activities



Movement Activity

Pedestrian Safety Exit Ticket: 2nd & 3rd Grades

1 favorite 19 plays 521 players

Play

Edit



Challenge in progress

Challenge finished View results 420

A public kahoot

krdonley

Created 5 months ago

3 - True or false

True or false, you should STOP, LOOK, and WAVE before crossing the street.

4 - Quiz

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

5 - True or false

True or false, you should always use a crosswalk to cross the street when available.

6 - Quiz

Which signal means it is safe to cross the street?



Kahoot! Assessment

Middle School PedEd Unit Outline

- 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)

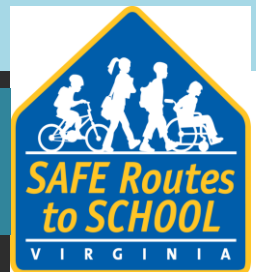


Roll Out of Elementary BITS

- Curriculum piloted at one elementary schools (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



Safe Routes to School Virginia
Alexandria Bicycle & Pedestrian Advisory Committee



Elementary Biking Stats

- 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.

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



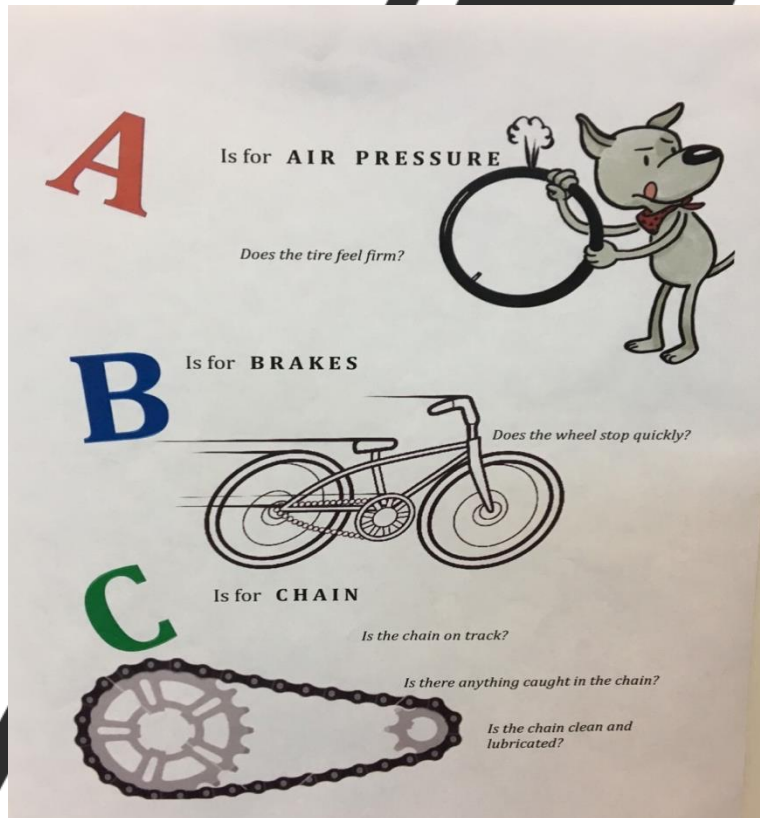
4. Do not wear headphones or anything else that could block sound or be distracting while bicycling.

Don't carry anyone else on your bike.

- 5.



Parking Lot



ABC Quick Check

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

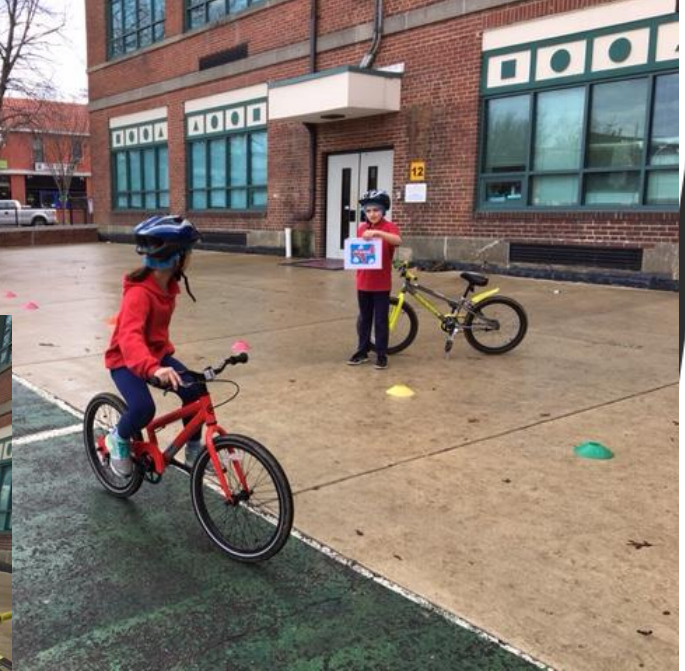
Crossings



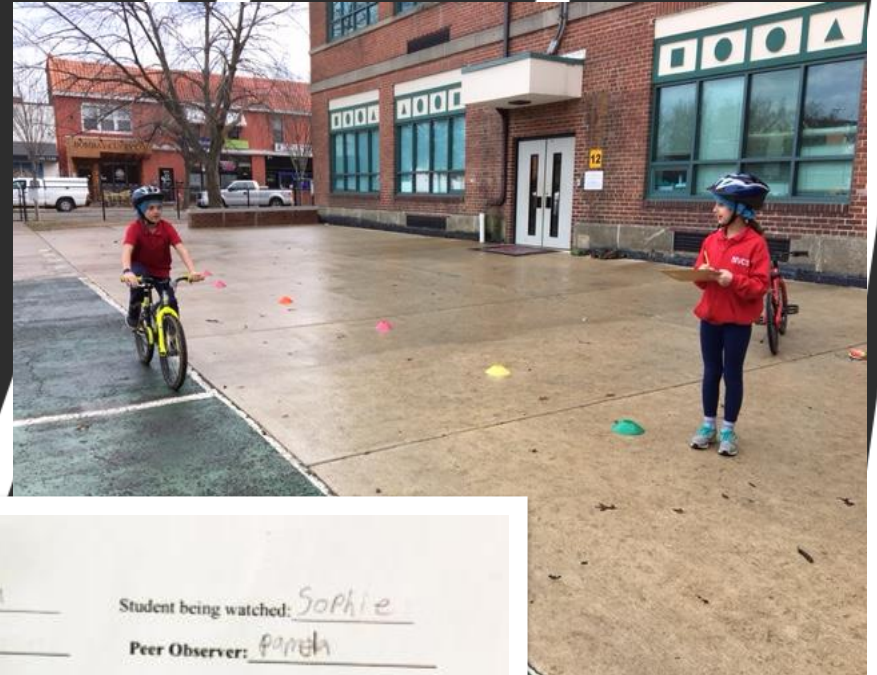
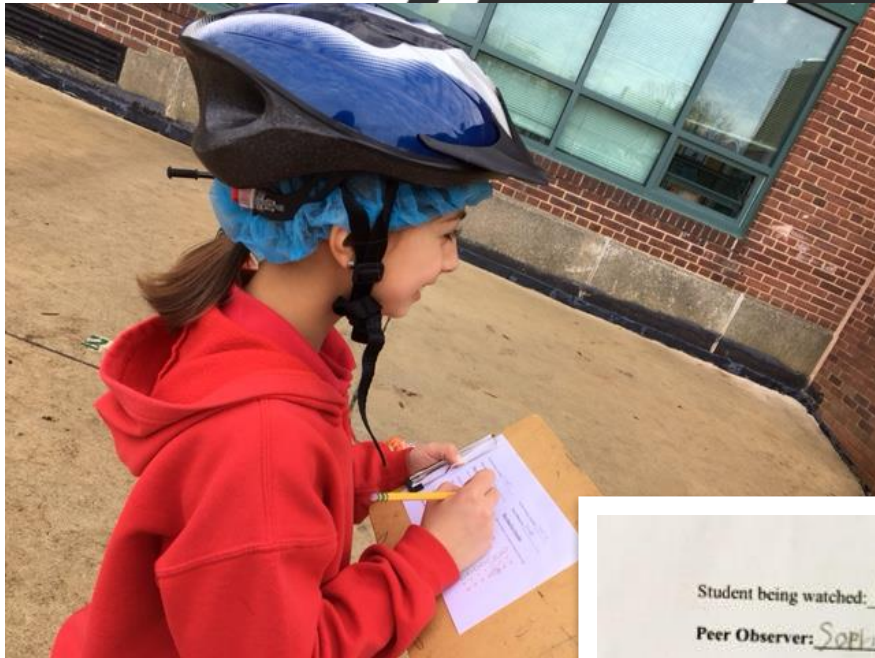
Observing Signs



Quick Stop & Scanning



Peer Assessing



Student being watched: Pavela

Peer Observer: Sophie

Bicycling Peer Checklist

Did you observe your partner doing the following?

Helmet Check	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ABC Quick Check	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quick Stop	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Line Riding	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Signals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scanning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stopping at a stop sign	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Signals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scanning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stopping at a stop sign	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Roll Out of Secondary BITS

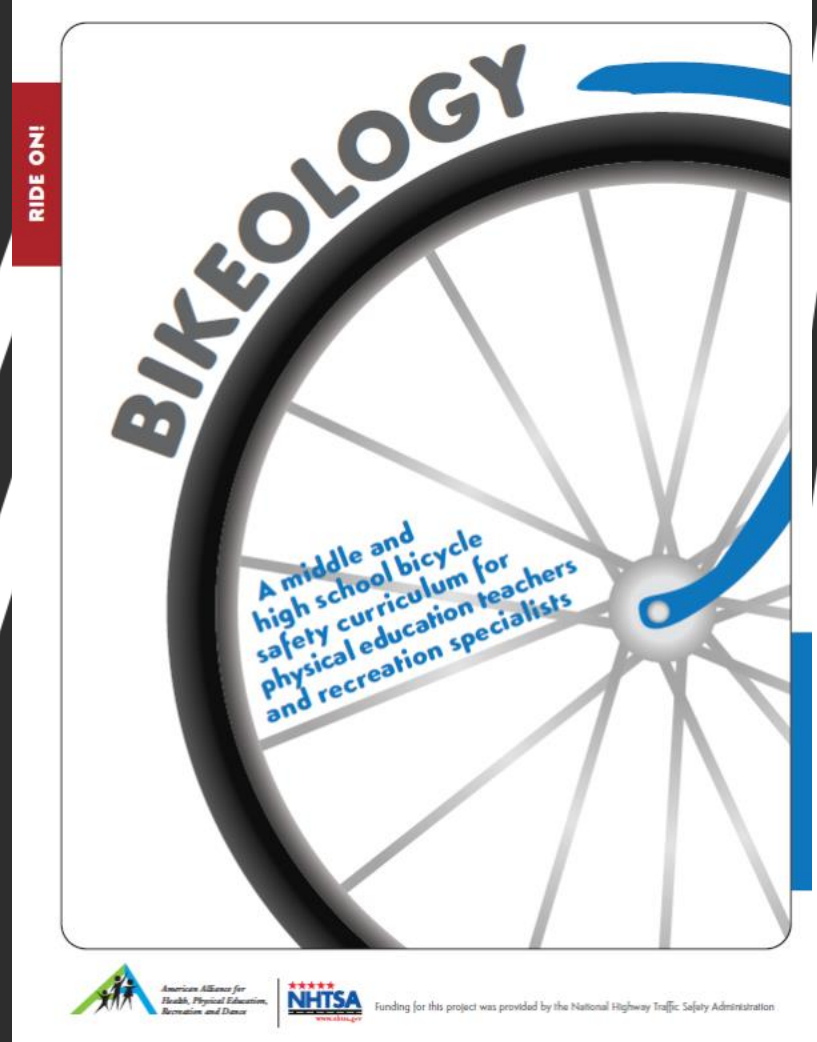
- Bike Smart Virginia led a Professional Development Session in 2005
 - Biking was piloted and successfully taught for the next five years at both the middle and high school levels.
- Biking through PE (2010-2020)
 - Biking became sporadically taught by PE teachers comfortable and trained.
- BITS Curriculum 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.

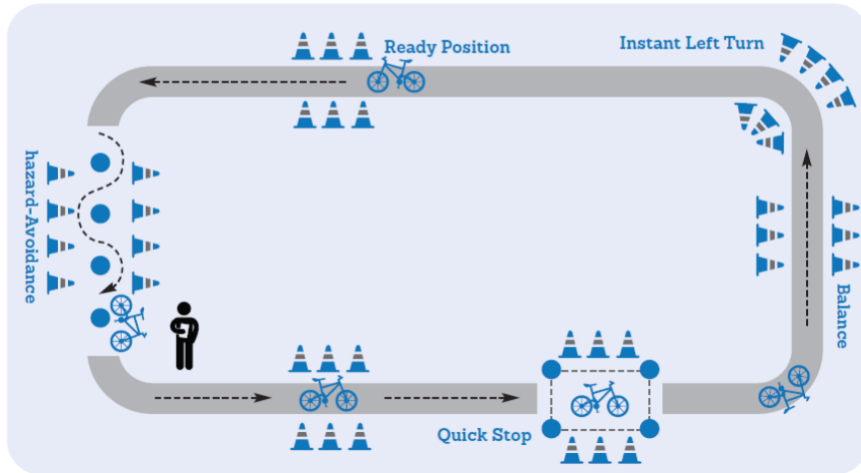
Unit Outline

- 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

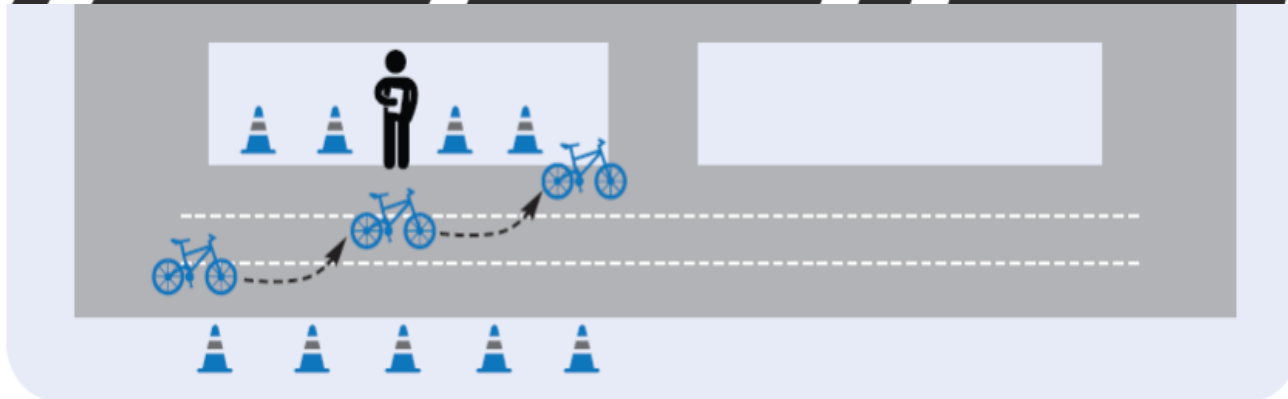
Diagram: Course Ride



Bike Parts Diagram



Advanced Courses



Bike Maintenance

Lane Positioning

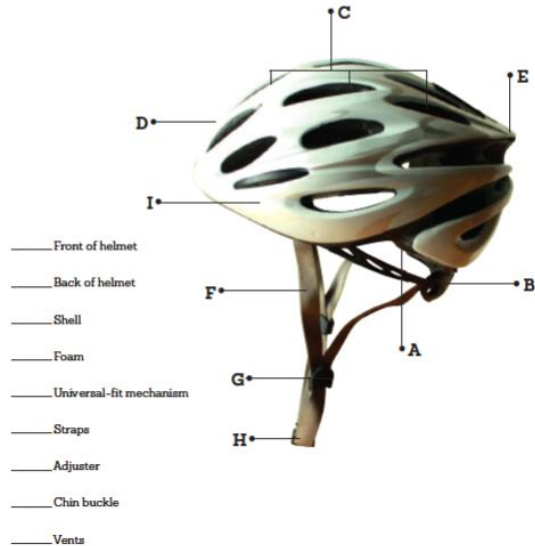
Assessments

BICYCLE HELMET FUNCTION WORKSHEET



Student _____ Date _____

Directions: Please correctly label the bicycle helmet parts by matching the letter on the helmet with the part listed on this worksheet. After labeling, please explain the function of each part of the helmet.



WORKSHEET

• WORKSHEET • BICYCLE HELMET FUNCTION 37

PERFORMANCE RUBRIC: RULES OF THE ROAD



Exceptional	Reliable	Inconsistent	Struggling/ Survival
Student is committed to riding safely during activity; Student reliably maintains a safe speed and distance, without reminders from the teacher.	Student is committed to riding safely during activity; Student maintains a safe speed and distance during activity, but may need a reminder/prompt from teacher	Student is somewhat committed to safe riding, particularly when a teacher prompts appropriate riding behavior; Student will maintain a safe speed and distance during the activity, with reminders and supervision.	Student is unable to participate in the activity due to unsafe behavior; Student lacks control of his bike and balance, so that riding in this activity is unsafe for all involved.

Skills Rubrics for Grading Courses

Who Goes First?				Squeeze Box			
	Every time	Almost Every time	Didn't happen		Every time	Almost Every time	Didn't happen
I communicated with my riding partner by saying who goes first.				My group started together.			
I moved ahead or behind when arriving at the obstacle.				Everyone in my group communicated verbally.			
My partner communicated with me by telling me who would go first.				Everyone in my group kept themselves and other riders safe.			
My partner moved ahead or behind when arriving at the obstacle.				My group ended together.			
We were able to get back to riding side by side.							

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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