

Sustainability

Fourth - Fifth Grade

Objective: Your child will understand how riding a bike creates better health and a more sustainable earth. A sustainable earth will have clean air, clean water, and a healthy environment for people and all life.

Road World Championships: Professional cyclists are their own power source. This means that they do not pollute the air when they are racing! This helps overall air quality by not adding more auto emissions into the air. Emissions impact climate change which add to rising temperatures around the planet.



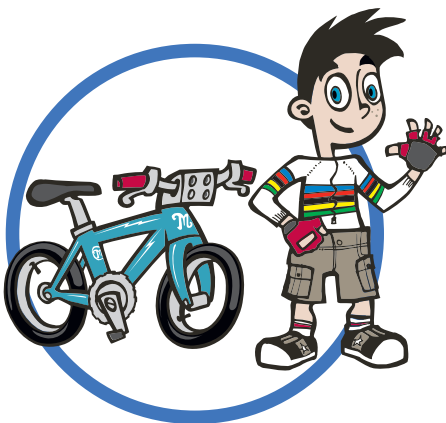
Children will:

- ★ Understand the benefits of alternative ways of transportation to automobiles.
- ★ Understand the dangers of automobiles and why it is important to watch for traffic, stay on the sidewalk and walk your bike across the street at intersections.
- ★ Use decision-making skills to promote better health.
- ★ Demonstrate ways to communicate consideration and respect for the health of individuals in the community.

Activity Plan

Materials: paper, colored pencils or markers, and straws.

1. Ask your child to imagine all the ways of getting around—modes of transportation (bikes, scooters, boats, buses, trains, skateboards, airplanes, etc.). Write them on paper.
2. Number the modes of transportation from most healthy to least healthy.
3. Discuss their favorite ways of getting around.
4. Discuss what the word “traffic” means and what it consists of including cars, buses, bikes, skateboards and even people. Explain that traffic is made up of many different things, and that bike and walking pedestrians need to be aware of it at all times.
5. Discuss why air pollution is most common in big cities and why this is a problem. Air pollution is bad for everyone’s health. Seniors, babies, and people with respiratory problems should not even go outside when the air is dirty.





Activity:

1. Traffic is a movement through an area or along a route of vehicles, pedestrians, ships, planes, etc. Traffic can be dangerous if you are not aware and careful.

List 4 kinds of vehicles: _____

List 4 kinds of pedestrians: _____

List 4 dangers of traffic: _____

2. On a piece of paper, write a paragraph describing how pedestrians should safely cross traffic. Use words from your lists above.

3. Ask your parents to help figure out a bike route to school.

Bike Safety

Be on the lookout for hazards such as potholes, broken glass, gravel and even stray dogs or cats! All of these can cause a crash.

Bike Safety

It is far more dangerous to ride at night than during the day. Always wear bright colors and even neon color when riding day or night, but also use flashing lights and reflectors when it is dark.

What did I learn?

There are lots of ways to get from one place to another. The ones that make you exercise are best, like riding a bicycle. People who have trouble breathing feel like they can't get enough air. When we bike or walk, we are helping keep the air clean and building strong bodies. Transportation that requires gasoline makes the air dirtier. Motor vehicles add to air pollution. Air pollution makes it more difficult for people with breathing problems. We should do what we can to make less air pollution by walking and biking. Seniors, babies, and people with breathing problems should not even go outside when the air is bad.



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