

# Safely cycling, skating and scooting

Up until Year 6, ākonga should only cycle on the road with an adult.

## 1. Safe cycling

Read each statement carefully and fill in the blanks with the appropriate word or phrase from the words below:

left                  check          stop                  rules                  ahead  
helmet              share              hand                  side

Once you have completed all the sentences, review your answers with your teachers to make sure you understand.

Always wear a \_\_\_\_\_.

Keep \_\_\_\_\_.

\_\_\_\_\_ over your shoulder for traffic.

Use \_\_\_\_\_ signals when turning.

No more than two riders may ride \_\_\_\_\_ by side.

\_\_\_\_\_ the road and paths.

Obey \_\_\_\_\_ and give way signs and road markings and follow give way \_\_\_\_\_.

Expect hazards and plan \_\_\_\_\_ for them.

## 2. Helmet safety

Read the following statements carefully and circle True or False.

There should be a standards-approved sticker on the helmet.

**True / False**

It is safe to use a cracked or damaged helmet.

**True / False**

It's safe to wear a helmet that has straps and buckles that are frayed or broken.

**True / False**

The helmet should be the right size and shouldn't slip around.

**True / False**

The helmet should be placed flat and square on the head with a 2-finger width gap between the eyebrows and helmet rim with the side slider sitting just beneath the ears on both sides.

**True / False**

The chin strap should be so tight that it hurts.

**True / False**

Once you have answered all the statements, review your answers and discuss any false statements with your teacher to understand why they are incorrect.

### 3. Scooting and skating safety

Read each question carefully. Write a short response or explanation for each statement.

What types of surfaces should you choose for scooting and skating, and why?

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What are some hazards you should avoid when choosing places to scoot and skate?

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What is the kerb drill and why is it important when crossing the road with a scooter or skateboard?

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Why is it important to choose safe crossing places like pedestrian crossings or controlled intersections?

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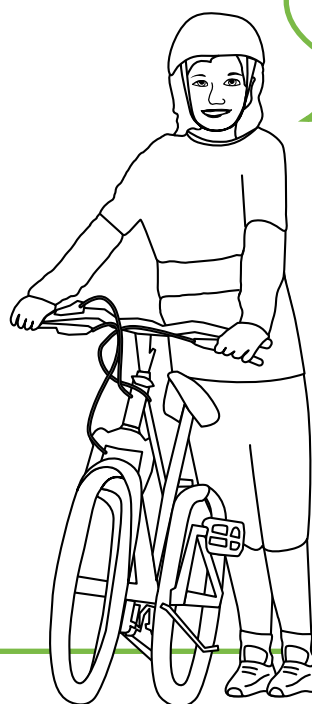
Why should you always walk holding your scooter or skateboard when crossing the road?

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Once you have completed all the questions, review your answers with your teacher and discuss any questions or uncertainties you have to clarify and reinforce the safety guidelines.

Have you ever cycled, scooted, or skated to school? If so, what hazards did you see and how did you avoid them?



Kia haumaru!  
How do we cycle,  
skate and scoot  
safely?