

Put Your Helmet On

Submitted by: Melody Sutton, San Jose, CA

Grade: 2

Subject Area: Health

Concept: Proper use of bicycle helmets

California Challenge Standard: Health Education Standard 3. Benchmark: Explain the need for protective equipment.

Objective: Given the song "Put Your Helmet On" by Bill Harley, each student will create a poster advertising proper use of bicycle helmets. Poster will contain an illustration of proper helmet use as well as text describing why helmets are important and how to wear them properly.

Materials: Bicycle helmets in various sizes.

Open: Teacher will play the song for the students to enjoy.

Input: Teacher will play the song again. Students will listen for reasons to use a helmet.

Guided Practice: Teacher will present various arguments against helmet use. Students will role-play explaining why it is important and even cool to use a helmet. Teacher will demonstrate proper and improper use of helmets on volunteers. Students will help correct the teacher's "mistakes" (such as wrong size, strap off, forehead exposed, or helmet can be easily moved on the head).

Independent Practice: Students will create a poster advertising proper use of bicycle helmets.

Close: What did you learn about wearing a helmet? Teacher will play the song again. Students will sing and dance along.

Assessment: Poster should show an understanding of proper bicycle helmet use.

1. Illustration should show a rider with a properly fitted helmet.
2. Text should include one reason why helmet use is important and one tip for a proper fit.