



Department of
Education

Shaping the future

Bike safety education

Pre-primary



25 February 2026

National Ride2School Day 2026

This lesson is designed for use in the lead-up to National Ride2School Day or as part of any safety on wheels education. It supports students in developing the knowledge needed to ride wheeled devices safely.

[Contact us](#) to order resources to support this lesson.

PRE-PRIMARY – Keeping riders safe		
Learning Intentions	Success Criteria	Key Messages
Students are learning: <ul style="list-style-type: none"> strategies to stay safe when using wheeled devices. 	Students will: <ul style="list-style-type: none"> name key safety equipment needed for riding wheeled devices describe the correct way to wear a helmet. 	<ul style="list-style-type: none"> Correctly fitted helmets and other protective equipment keep us safe when using wheeled devices.
<p>Note: eRideables – Children under the age of 16 are not legally allowed to use eRideable devices such as eScooters. Refer to the Road Safety Commission for more information.</p>		
Resources	Teaching and Learning Experience	
<p>Introduction Who wears this helmet?</p> <ul style="list-style-type: none"> Pictures of different helmets <p>Activity 1 Izzy at the park</p> <ul style="list-style-type: none"> Story book - Izzy at the park 	<p> Introduction Who wears this helmet? (whole class)</p> <ul style="list-style-type: none"> Prior to the lesson contact parents/carers and ask them to bring in the student's bike helmet for the day or use the class set if the school has one. Hold up or display the images of a range of different helmets, e.g. bike helmet, skate helmet, full face motorbike helmet, cricket helmet, firefighter helmet, astronaut helmet. <p>Note: the recommended helmet for users of all wheeled devices is a bike helmet. Skate helmets are not recommended for bike use.</p> <ul style="list-style-type: none"> For each image, tell the students: <ul style="list-style-type: none"> Who wears this helmet. How the helmet helps keep the person safe. <p> Activity 1 Izzy at the park (whole class)</p> <p>Explain that Izzy knows how to stay safe on wheeled devices, and that Izzy is going to help the class learn how to stay safe around roads and traffic.</p> <p>Read the story Izzy at the park. Discuss the following questions:</p> <ol style="list-style-type: none"> Why did Nana Sue make Izzy put a helmet on? 	

<p>Activity 2 Helmets protect your head</p> <ul style="list-style-type: none"> • Activity sheet - Helmet positions • A bike helmet <p>Review and assess Izzy on wheels</p> <ul style="list-style-type: none"> • Activity sheet - Izzy on wheels 	<ol style="list-style-type: none"> 2. Why did Izzy ride in the park and not on the road? 3. Why did Nana Sue go with Izzy to the park? 4. What protected Izzy when the big bike crashed into them? <p> Activity 2 Helmets protect your head (whole class)</p> <p>Explain that when using a wheeled device, you move a lot quicker than walking. To protect ourselves if a fall happens, it is important to wear a correctly fitted helmet and other protective clothing.</p> <ul style="list-style-type: none"> • Hold up a helmet and ask students to pick out the key features (e.g. hard outer shell, buckle, straps, helmet line, ventilation holes). • Display the images of the 3 helmet positions from activity sheet - Helmet positions. Alternatively, demonstrate the 3 helmet positions using the helmet. • Ask students which position they think is correct and why. • Explain the 'Three 2s' method to check if your helmet is correctly fitted: <ul style="list-style-type: none"> - 2 fingers above the eyebrows - Can you fit 2 fingers between your eyebrows and the helmet? - 2 ear clips under the ears - Are the straps free from twists and do they join in a 'v' just below the ears? Can you yawn easily? - 2 fingers under the chin strap - Can you fit 2 fingers between the strap and your chin? • Ask students: Who could you ask to check that your helmet is fitted correctly before using a wheeled device? <p> Review and assess Izzy on wheels (small groups)</p> <ul style="list-style-type: none"> • Prepare enough copies of activity sheet - Izzy on wheels and cut outs of the helmet for small groups. • In groups, students place Izzy's helmet in the correct position on Izzy's head. With assistance, students glue the helmet in the correct position. • Students colour in and decorate Izzy and the helmet.
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Helmet positions

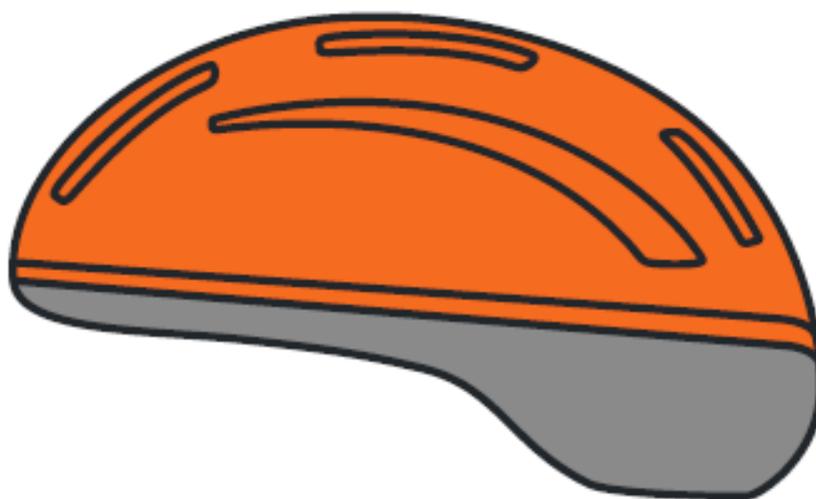
Circle the correct helmet position.



Who can check your helmet before you go riding?

Izzy on wheels

Cut out the helmet and glue it onto Izzy's head in the correct position.



Izzy on wheels

Put the helmet onto Izzy's head in the correct position.

