



Department of  
Education

**Shaping the future**

# Bike safety education

## Year 1



25 February 2026



**Activity 2** Safe places to ride

- No resources required

**Review and assess** Let's go riding

- [Resource sheet - Places to ride.](#)

- Hold up a helmet and ask students to pick out the key features (e.g. hard outer shell, buckle, straps, foam shell, ventilation holes, Australian Standard helmet sticker.)
  - Demonstrate different helmet positions (too far forward, too far back, buckle undone, straps twisted, correct position.)
  - With each new position ask students if it is correct and why.
  - Explain the 'Three 2s' method to check if your helmet is correctly fitted:
    - 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?
- Note:** the recommended helmet for users of all wheeled devices is a bike helmet. Skate helmets are not recommended for bike use.



**Activity 2** Safe places to ride (whole class)

Ask the class the following questions:

- Where do people go riding?
- Why do you think a grown up should ride with someone your age?
  
- As a class discuss what features of the location make it safe or unsafe? (e.g. bike path, visibility, presence of pedestrians, traffic level.) In the discussion encourage students to consider features such as:
  - Amount of traffic in the area.
  - Is there a designated bike path or lane?
  - Good visibility - ability for vehicles to see rider and rider to see vehicles.
  - Presence of protective barriers.
  - Adult supervision and guidance.



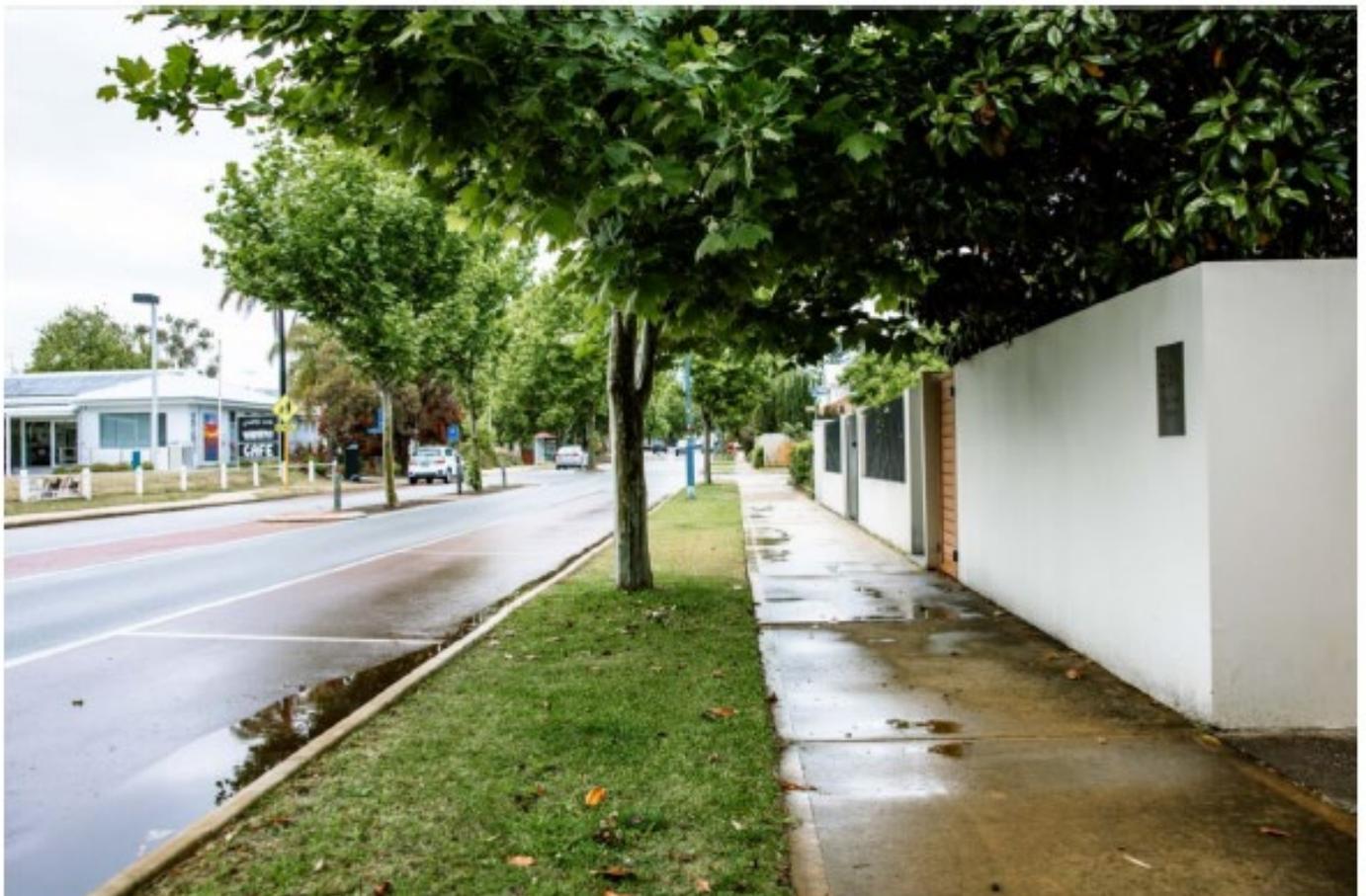
**Review and assess** (individual)

- Display images from [resource sheet - Places to ride.](#)
- After each image students vote if the location is safe or unsafe to ride. Students could vote through methods such as thumbs up/down or moving to either side of the room.

## Driveway



## Footpath



# Road



# Shared path



## Carpark



## Park



## Yard



## Skatepark

