



Department of
Education

Shaping the future

Bike safety education

Year 4



25 February 2026

Activity 2 Rules that keep you safe

- [Activity sheet - PNI Chart](#)

Review and assess Snowball

- Piece of paper- 1 per student.

- Allow time for students to share their opinion with the class. Clarify any student misconceptions about helmet and cycling rules.

Watch the video [Helmet Safety \(Transport for NSW\)](#).

Discuss the key messages from the video and the questions from the true or false activity.



Activity 2 Rules that keep you safe (*small groups*)

- Place students into small groups.
- Explain that the statements you are going to read are not real laws, just possible suggestions. Allow students to include their own suggestions of rules for people using wheeled devices.
- Discuss how different families have rules for their family that may differ from your own. Discuss respect for difference as opposed to another person's action being wrong or right.
- Allocate each group one of the statements.
- Groups conduct a Positive Negative Interesting (PNI) chart using [activity sheet- PNI Chart](#) based on their allocated statement.

Example statements

- Helmets made optional for all cyclists and riders of wheeled devices over 12 years old.
- Riders who do not follow the road rules will have their wheeled device confiscated (taken off them).
- All wheeled device users must complete a safety course before being allowed to ride in public areas.
- All wheeled device users must wear knee and elbow pads in addition to helmets.
- There are no penalties for not following road rules while using wheeled devices.

Ask groups to share their responses with the class and whether they believe the suggestion would increase or decrease the safety of wheeled device users.

Discuss the following questions as a class:

1. Why is it important to have road rules?
2. Are road rules easy or hard to follow? Why?
3. Whose responsibility is it to know and follow the rules?



Review and assess Snowball (*individual*)

- Provide each student with a small piece of paper.
- Ask each student to write a response to: 'the most important thing I learnt about rider safety is...' and then crumple their piece of paper into a ball.
- Students toss their crumpled balls at an identified target in the room.
- Each student collects a random snowball.
- Select students to share what was written on their snowball.
- Alternatively, students could respond to the question through a think, pair, share activity.

True or false

Statement	Answer	
You only have to wear a bike helmet when you ride on the road.	False	Helmets are compulsory in Western Australia, and all cyclists must wear an approved helmet while in motion.
You only have to wear a bike helmet until you get to high school.	False	Helmets are compulsory in Western Australia, and all cyclists must wear an approved helmet while in motion.
You don't have to wear a bike helmet in your own backyard.	True	This is true according to law but explain to students that injuries can still occur in your backyard, so it is recommended that you still wear a helmet.
You don't have to wear a bike helmet when you are riding in the park or out in the bush where there are no cars.	False	You must wear a helmet in any public place.
It is okay to put your bike helmet on over the top of your cap.	False	A helmet should be level and cover your forehead. Wearing a hat can push the helmet higher on your head leaving the forehead exposed.
Riders are only allowed to ride single file on the footpath or shared path.	True	Cyclists of all ages may ride on footpaths in WA. Cyclists must be in a single file. Cyclists should use their bell to alert other shared path users that they are approaching.
It is safe to use a helmet that has a crack in it.	False	A crack in the helmet compromises its protection.
To test if the straps on your helmet are tight enough, you should be able to fit your hand between the straps and your chin.	False	You should only be able to fit 2 fingers between the strap and the chin.
eScooters can only be ridden by people aged 16 years and older.	True	eScooter riders must be a minimum of 16 years old.

Positives, Negatives, Interesting

Statement	
Positive	
Negatives	
Interesting	

If this was a rule, would it make riders safer? Yes No

Why?
