



PROGRAMME 9: HELMET

AIM

The aim of this topic is for children to know the reasons why we need to wear helmets when riding a bike.

LEARNING OUTCOMES

Children will be able to:

- Keep themselves safe on the road by wearing a helmet
 - Identify the difference between an approved helmet and a damaged helmet
 - Explain the safety procedures in wearing a helmet properly
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SKILLS

- Communication
 - Sociability and co-operation
 - Problem solving
 - Work and study
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VIRTUES

- Courage
 - Caring
 - Purposefulness
 - Self-discipline
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LESSONS *(Adapt for Juniors)*

View the DVD **Helmet** before the lesson.

1. Brainstorm/mind map words associated with Helmet or what the programme's main points were.
Ask "Why do we need to wear a helmet?"

2. Use an egg to demonstrate what could happen if a helmet is not worn. It could get cracked and broken. Also mention the smashed watermelon from the programme and how that could be their heads if they have an accident, or fall off their bikes.

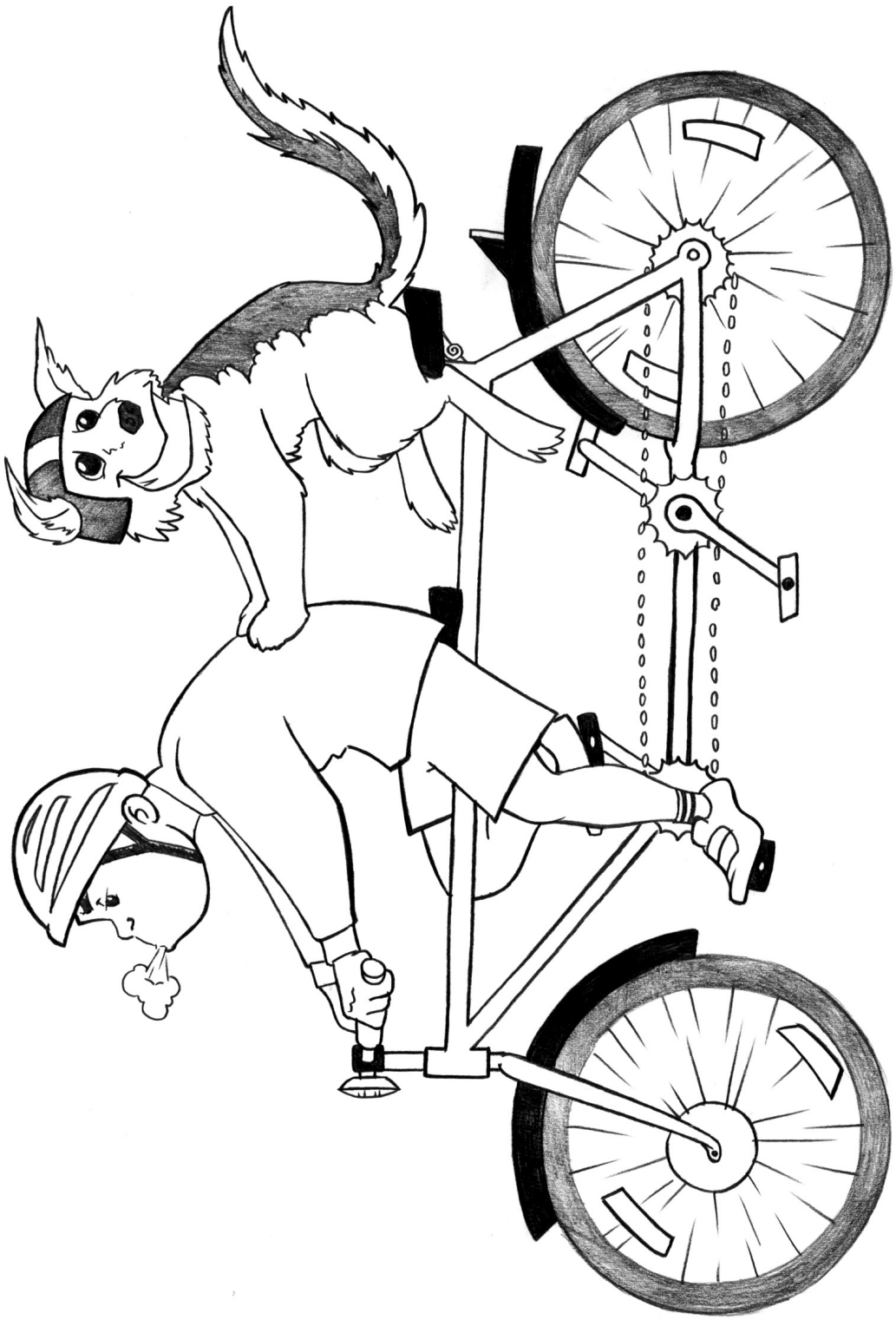
3. Have children make a safety device out of straws, balloons, cotton wool, sellotape, ice block sticks, paper and string. Children should work in small groups to make a device that will keep a fresh egg from breaking when dropped from a height. Have groups perform the dropping and record the results.

4. Discuss the results and reasons why we need to wear safety gear such as helmets while riding a bike. Also emphasise the reasons why the helmet must be fitted properly and talk about approved helmets for New Zealand. Ask "How do we know if a helmet is approved by law in New Zealand?" (stickers at the back).

5. Draw a futuristic helmet for Bobby or Constable Bryan on poster paper for display. This must include safety tips.

6. Recap main points from the lesson.

7. Label each part of the bike(that includes wheels, gloves, tyres, safety vests, spokes, flags etc.) Display around the room (see over page).



Word Find - Helmet

Name:

Date:

Senior Words

S	L	M	P	J	P	S	L	P	P	H	R	O	T	E
J	E	M	E	A	S	U	R	E	R	I	E	N	D	K
Y	S	S	B	U	Q	N	J	A	D	O	E	A	M	I
Z	T	F	S	Z	F	Z	S	I	G	D	T	M	D	B
H	G	E	U	A	N	K	N	P	I	N	X	E	Z	T
E	N	I	F	J	L	G	P	C	B	I	R	P	C	R
L	O	R	T	A	P	G	C	A	N	A	F	M	A	T
M	R	O	G	I	S	A	N	E	Z	T	M	O	A	C
E	M	U	V	Q	J	V	U	U	K	N	B	Y	E	L
T	U	N	N	M	R	F	R	P	S	U	Q	G	R	I
P	D	Z	S	T	H	G	E	A	R	O	E	T	G	E
L	F	E	T	X	N	O	Y	P	Y	M	W	D	L	F
D	O	W	R	S	B	A	J	G	V	P	A	E	P	V
U	D	D	C	Q	F	Q	Q	A	F	O	E	P	Q	E
H	R	M	T	M	R	D	C	W	R	M	Z	V	E	G

- Helmet
- Riding
- Road
- Patrol
- Safety
- Gear
- Mountain
- Bike
- Head
- Measure
- Sunglasses
- Accident
- Protect
- Sun

Junior Words

S	L	M	P	J	P	S	L	P	P	H	R	O	T	E
J	E	M	E	A	S	U	R	E	R	I	E	N	D	K
Y	S	S	B	U	Q	N	J	A	D	O	E	A	M	I
Z	T	F	S	Z	F	Z	S	I	G	D	T	M	D	B
H	G	E	U	A	N	K	N	P	I	N	X	E	Z	T
E	N	I	F	J	L	G	P	C	B	I	R	P	C	R
L	O	R	T	A	P	G	C	A	N	A	F	M	A	T
M	R	O	G	I	S	A	N	E	Z	T	M	O	A	C
E	M	U	V	Q	J	V	U	U	K	N	B	Y	E	L
T	U	N	H	M	R	F	R	P	S	U	Q	G	R	I
P	D	Z	S	T	H	G	E	A	R	O	E	T	G	E
L	F	E	A	X	N	O	Y	P	Y	M	W	D	L	E
D	O	W	R	S	B	A	J	G	V	P	A	E	P	V
U	D	D	C	Q	F	Q	Q	A	F	O	E	P	Q	E
H	R	M	T	M	R	D	C	W	R	M	Z	V	E	G

- Sun
- Helmet
- Bike
- Gear
- Crash
- Road
- Egg
- Safe

Supplementary Activities

Topic/Oral Language

Have children list reasons why they do not want to wear a helmet while riding a bike. List reasons why they should. Have a debate on the pros and cons of wearing a helmet.

Visual Language

Make a poster on what could happen to you if you do not wear a helmet. (Could use an egg, that looks cracked, riding a bike)

Information Computer Technology

As a class use “webquest” or other children’s websites that will explain more about the importance of wearing helmets.

Make a ‘kidpix’ slideshow of a child on a bike wearing a helmet and falling off.

Design/draw a picture of a helmet that you think would be cool to wear while riding your bike/skateboard.

Topic

Have a police constable come into the class to discuss why it is important to wear a helmet while riding a bike.

View the DVD and discuss/compare the differences between a damaged helmet and a helmet with the proper safety stickers.

Have children demonstrate the proper wearing of a bike helmet, including straps, right size and visibility and no cap or hat underneath the helmet.

Have a look at how much helmets have changed in the last fifty years!

See if you can draw some of the most famous bike helmet wearers of all time and then add a safety message to your poster : (e.g. Lance Armstrong/Sarah Ulmer/Hamish Carter) See if you can hang it up in the library.

Maths

Do a survey of your class or school and write down how many have a bike and how many wear helmets when riding.

Do a survey asking if your classmates bought a helmet tomorrow what colour/style would it be. Present the results in a bar graph/pie graph etc.
