



nrg Walks Education Pack

Day 4: Walking Observations, Part I

nrg Walks is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital.

This work was sponsored by the Pennsylvania Department of Transportation and the U.S. Department of Transportation, Federal Highway Administration.



Day 4: Walking Observations, Part I



Total Time: 30 minutes

Lesson: 25 minutes

Recap: 5 minutes

Lesson Overview

Youth will apply what they learned the day before about pedestrian safety to a real world observation exercise. They will go outside and practice observing their surroundings, paying special attention to the traffic signs and images they learned about the day before, in addition to other important pedestrian and driver safety features.

Objectives – Youth Will:

- Identify helpful signs that ensure safe crossing of streets on or near school property.

Standards Met

This activity meets Pennsylvania Health, Safety, and Physical Education standards:

10.3.3. Recognize safe/unsafe practices in the home, school, and community

Handouts

- Pedestrian Safety Checklist (one per pair of students)

Materials Needed

- Pencils (one per pair of students)
- Clipboards (one per pair of students)

Teacher Prep

Make one copy of the Pedestrian Safety Checklist for each student.

Note to Teachers

You may find it useful to enlist the help of a volunteer when taking students outside to do the walkability audit. Depending on the size of your school property, the activity may take you less than 25 minutes. You may choose to follow the script below or adapt the information based on your classroom's needs.

Let's Get Started!



Lesson (25 minutes)

Before getting started, ask students to take out their ENERGY OUT trackers and fill in their minutes of physical activity for Day 3.

Say: Yesterday we learned about pedestrian safety and traffic signs in our surroundings that help drivers and pedestrians stay safe. We talked about stop signs, crosswalks, and school zone signs. Today we'll be going outside to observe these types of things right around our school.

Ask students to partner up. Hand out the Pedestrian Safety Checklist and one clipboard and a pencil to each pair.

Say: When you see an image from the list, please mark it with an "x." Write down where you see the image. Also, you may see things not on the checklist that help pedestrians and drivers stay safe. Write these down on the back of the checklist. You also may see things that can make walking unsafe. Write these down too.

Quickly review each image as needed (going from left to right).

Image #1 is a pedestrian signal.

Image #2 is a pedestrian crossing sign near a school.

Image #3 is a traffic signal.

Image #4 is a stop sign.

Image #5 is a sidewalk.

Image #6 is a no bicycling sign.

Image #7 is a curb that has been painted red. This indicates no stopping, standing, or parking. A red painted curb may also indicate a fire lane, reserved for fire trucks.

Image #8 is a crosswalk. Sometimes crosswalks have stripes going across the middle like a ladder. Sometimes they don't. You may see a crosswalk that looks like this image, or you may see one that looks a little different. If you see a crosswalk that looks a little different, still mark the picture with an "x." Write down whether or not the crosswalk looks like this image and where you saw it.

Image #9 is a no pedestrian sign.

Image #10 is a curb that has not been painted. This indicates that drivers may park at that location, unless otherwise restricted by a sign.

Image #11 is a pedestrian crossing sign.

Image #12 is a school zone sign.



Image #13 is a curb ramp. This curb ramp is painted bright yellow and has little bumps on it. You may see a curb ramp that looks a little different. If you see a curb ramp that looks different than this image, still mark the picture with an "x." Write down whether or not the curb ramp looks like the image and where you saw it.

Image #14 is a curb that has been painted yellow. This indicates that drivers may stop at that location, but only long enough to drop off or pick up passengers. Often, drivers are required to stay with their vehicle.

Take students outside. Walk out the front door and stop. Tell students to look around and ask if they see anything on the checklist. Ask them to describe what they see. Continue to walk away from the building a little more if you can't see any of the items on the checklist. Depending on your school, you may not have to walk very far. You may not see all of the items on the list.

When you feel you've been outside long enough to see some of the images, take your students back inside. Tell students that they will be using that same Pedestrian Safety Checklist tomorrow.

Recap (5 minutes)

Say: Today we went outside to observe our surroundings. We looked at traffic signs and features around our school building that help pedestrians and drivers stay safe. Tomorrow we will talk about what we saw on our walk.



Pedestrian Safety Checklist

Mark an "x" next to each image you see. Write down where you see each image in the space provided.



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www.pedbikeimages.org/Dan Burden



www.pedbikeimages.org/
Laura Sandt



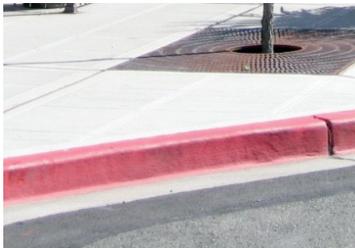
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Pedestrian Safety Checklist

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