



Endorsed by
NC Department of
Public Instruction

Help prepare children with pedestrian and bicycle safety skills they will need throughout their lives - skills that will also help them be well-rounded, healthy students today. *Let's Go NC!* offers great flexibility – teach a few lessons to introduce basic concepts or adopt the entire curriculum to get the greatest learning benefit. Teach the pedestrian module or the bicycle module or both.

Let's Go NC! offers turn-key lesson plans for grades K-5 that incorporate two important learning concepts: (1) Children are more likely to apply safe pedestrian and bicycle behaviors when they have the chance to practice them and (2) the core safety messages are integrated with other subjects.

Three reasons to teach Let's Go NC!

- 1 It's effective:** A similar pedestrian safety education program played a major role in causing a significant reduction in pedestrian crashes at all times of day.
- 2 It's relevant:** Each lesson plan lists the applicable standards of learning it addresses. NC State Board of Education requires bus safety education, which is included as one of the lessons for every grade.

Let's Go NC! addresses the NC Essential Standards and Common Core Standards for teaching kindergarten through fifth grade students in Physical Education, Social Studies, Science, Mathematics, English Language Arts, Arts Education and additional components of Healthful Living. For example, the lessons found in *Let's Go NC!* meet the Essential Standards for Physical Education by teaching: Motor Skills; Movement Concepts; Health Related Fitness; and Personal and Social Responsibility. Lessons meet the English Language Arts component of the Common Core standards by addressing: Speaking & Listening; Reading: Informational Text; Language; Reading: Literature; and Writing. See the Instructor's Guide for complete details.




- 3 It's ready to teach:** Instructor guide, lesson plans, videos for teachers and students, parent tip sheets, checklists, completion certificates and more are all available online.

Let's Go NC!




































www.ncdot.gov/bikeped/safetyeducation/letsgonc

Let's Go Walking! The Pedestrian Lesson Set

The pedestrian lesson set, called *Let's Go Walking!*, targets the five areas of pedestrian safety shown in the table to the right.

Each lesson has a Discussion and Demonstration of Core Concepts () a Skill-Building Activity () and a video to accompany the Lesson Review ().

These five areas are the same for each teaching level, but the lessons build in difficulty from one teaching level to the next, requiring greater problem solving and a higher level discussion.


















Lesson Concepts	K-1	2-3	4-5	Review
Walking Safely Near Traffic	 	 	 	
Crossing Streets Safely	 	 	 	
Crossing Intersections Safely	 	 	 	
School Bus Safety	 	 	 	
Parking Lot Safety	 	 	 	




Let's Go Biking! The Bicycle Lesson Set

The bicycle lesson set, called *Let's Go Biking!*, also targets five topic areas for each teaching level; however, due to the cognitive and motor skill developmental differences from kindergarten to fifth grade, the five topic areas include more advanced skills-based lessons as the teaching level increases.

The lessons progress from basic knowledge, healthy living concepts, and safety concepts in the classroom to on-bicycle skill-building activities in a simulated environment outdoors. Early on the focus is more on concepts, but as children progress through grade levels, more time is spent on skills development.

The table to the right lists the bicycle lessons for each grade level.

Lesson Concepts	K-1	2-3	4-5
Gearing Up			
Go By Bike			
Signs, Signals, and Safety			 
Bicycling Basics			 
Bike Control			
Cooperative Riding			
Basic Traffic Skills			

The lessons for each teaching level include a Discussion and Demonstration that occurs in the classroom () and hands-on Skill-Building Activities which occur outdoors (). Some lessons include a video () to complement classroom instruction.

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