

## **Bicycle Adventures Content Standards**

**Level: 1  
Grades K-3**

**\*Project Area Skill refers to the subject matter based skill which youth demonstrate in relation to the correlating content standard.\***

**Objective:**

**Career Readiness-**

- 2. Students will utilize and manage resources effectively to produce quality services and products.**

**Benchmarks: K-4: A,B,C**

**Project Area Skill: As the youth plan their activities and choose their project helper they will also be setting short term goals and determine when they will accomplish those goals. They will also demonstrate the allocation of materials and human resources by making appointments with their project helper to complete many of the bicycle adventures activities.**

- 4. Students will develop and demonstrate responsible and ethical workplace behaviors.**

**Benchmarks: K-4: C,D,E**

**Project Area Skill: The activities in the book help the youth to identify a variety of safety techniques to use while riding their bicycle. Techniques such as using hand signals and avoiding the path of dangerous obstacles such as cars are just a few examples.**

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**Objective:**

### **Language Arts-**

- 1. Reading and Listening for Comprehension: students will apply strategies and skills to comprehend information that is read, heard, and viewed.**

**Benchmarks: K-4: A,B,C,D**

**Project Area Skill: To follow the instructions set out for them in the book the youth will utilize strategies to comprehend text. Through interaction with their project helper, the youth will also learn new vocabulary words associated with Bicycle Adventures.**

- 2. Writing and Speaking for Expression: students will communicate effectively through speaking and writing.**

**Benchmarks: K-4: B**

**Project Area Skill: As the youth complete activities in their Bicycle Adventures book they will answer questions to reflect their learning. They may also look up words to use for their writing in the back of their workbook.**

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**Objective:**

### **Physical Education-**

- 1. Demonstrates competency in many movement forms and proficiency in a few movement forms.**

**Benchmarks: K-4: A,C**

**Project Area Skill: As the youth practice basic stop and go movements with their bicycle they will become proficient in understanding the movements which allow them to obtain balance while they ride a bike. Furthermore, the youth will learn about hand signals and how they can be used to alert a person behind them if they are turning or stopping.**

- 3. Exhibits knowledge and ability to participate in a physically active lifestyle.**

**Benchmarks: K-4: A,B**

**Project Area Skill: By learning the basics for bicycle riding and proper helmet fit, the youth will be gaining skills in a leisure activity they can participate in for the rest of their lives. Furthermore, with the knowledge they gain from these activities, the youth will feel confident on their bicycle and be willing to participate in such an activity often.**

- 5. Demonstrates responsible personal and social behavior in physical activity settings.**

**Benchmarks: K-4: A,E**

**Project Area Skill: The youth will learn the hazards they may face while riding a bicycle down the road and what they can do to avoid them. They will also learn about the responsibility a bicycle rider has to signal to the people behind them if they are going to stop, or turn.**

7. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

**Benchmarks: K-4: B**

**Project Area Skill: The activities in this workbook involve youth practicing new skills in a gradual manner. They will understand from participating in these activities that practice on a bicycle can make one a competent and safe rider.**