



Appendix A. Curriculum Recommendations

The Menlo Park Safe Routes to School (SRTS) Strategy identified education as a key next step for implementation. The City of Menlo Park can support school districts by helping identify standards-based lessons and curricula that teach students about the rules of the road and safe travel habits.

The new SRTS Coordinator can use the matrixes on the following pages to determine appropriate curriculum for teachers to proceed with, based on district support and teacher interest at different grade levels and in different subjects. This effort should be coordinated with the San Mateo County Office of Education, which is developing curriculum through the Safe Routes for Health and Wellness grant program.

Safe Routes to School Curriculum Best Practices

SRTS programs can teach students how to walk and bike safely, normalizing these active modes as a safe and convenient daily transportation option. Curriculum can be integrated into the school day in a variety of ways:

- In classrooms, as part of physical education (PE), math, or science lessons
- On the blacktop or street as part of PE or after-school programming
- One-time via a bike rodeo to introduce concepts
- Ongoing for a week or longer to reinforce lessons

Lessons can be delivered by PE or classroom teachers, outside vendors, parent or community volunteers, city staff, or law enforcement officials.

The following tables provide an overview of potential existing curriculum, which could be used in Menlo Park schools, as well as key concepts that are considered based on age and topic.

Curricula Matrix

Grades	Pedestrian (Ped) Safety	Bike Safety	Math +Science + Health	Social Studies: Geography + Civics	Language Arts: Reading, Writing + Communicating	Physical Education
Pre-K – Kindergarten	NHSTA’s Child Pedestrian Safety Education (Teachers full PDF Guide)	Pedestrian & Bicycle Information Center: Bicycle Safer Journey	Colorado Department of Transportation: Core Subject Lesson Plans Iowa Bicycle Coalition: Kids on the Move Bike & Ped Safety Curriculum	Alameda SRTS K-1 : Lesson plan: Walking Makes Sense Colorado Department of Transportation: Core Subject Lesson Plans	Colorado Department of Transportation: Core Subject Lesson Plans Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum	Bicycle Alliance of Minnesota’s Walk! Bike! Fun!
1 - 3	NHSTA’s Child Pedestrian Safety Education (Teachers full PDF Guide) Alameda 2-3 : Intersections galore Minnesota Walk! Bike! Fun!	Pedestrian & Bicycle Information Center: Bicycle Safer Journey Minnesota Walk! Bike! Fun!	Colorado Department of Transportation: Core Subject Lesson Plans Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum	Alameda 2-3 : Lesson plans: Intersections Galore, Walk Around the Block, Active Travel Choices, Pollution Solutions.	Colorado Department of Transportation: Core Subject Lesson Plans Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum	NHSTA’s Child Pedestrian Safety Education (Teachers full PDF Guide) Bicycle Alliance of Minnesota’s Walk! Bike! Fun!

Grades	Pedestrian (Ped) Safety	Bike Safety	Math +Science + Health	Social Studies: Geography + Civics	Language Arts: Reading, Writing + Communicating	Physical Education
4 - 5	<p>NHSTA's Child Pedestrian Safety Education (Teachers full PDF Guide)</p> <p>Minnesota Walk! Bike! Fun!</p> <p>California Ped/Bike Safety Curriculum</p> <ul style="list-style-type: none"> Lesson 4: Rules of the Road Lesson 5: Design Your Own Traffic Sign Game 	<p>BTA's Grades 4-7 SafeRoutes for Kids Bicycle Safety Program Curriculum (3rd ed)</p> <p>Minnesota Walk! Bike! Fun!</p> <p>California Ped/Bike Safety Curriculum</p> <ul style="list-style-type: none"> Lesson 4: Rules of the Road Lesson 5: Design Your Own Traffic Sign Game Lesson 7: Get Your Helmet On 	<p>Colorado Department of Transportation: Core Subject Lesson Plans</p> <p>Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum</p> <p>California Ped/Bike Safety Curriculum</p> <ul style="list-style-type: none"> Lesson 1: Time to Get Moving Lesson 2: Exercise Your Superpower Lesson 7: Get Your Helmet On Lesson 8: How Can We Be Safe on Our Routes to School? Lesson 9: Getting to School: What's the Cost? 	<p>Alameda 4-5: Lesson plans: School Safety Audit, My Safe Route to School, What's in Our Air?, Let's Carpool!</p> <p>California Ped/Bike Safety Curriculum, Lesson 3: Prescribe a Pollution Diet</p>	<p>Colorado Department of Transportation: Core Subject Lesson Plans</p> <p>Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum</p> <p>California Ped/Bike Safety Curriculum</p> <ul style="list-style-type: none"> Lesson 3: Prescribe a Pollution Diet Lesson 4: Rules of the Road Lesson 5: Design Your Own Traffic Sign Game Lesson 7: Get Your Helmet On Lesson 9: Getting to School: What's the Cost? 	<p>California Ped/Bike Safety Curriculum</p> <ul style="list-style-type: none"> Lesson 3: Prescribe a Pollution Diet Lesson 6: Silent Safety Signals <p>Minnesota Walk! Bike! Fun!</p> <p>NHSTA's Child Pedestrian Safety Education (Teachers full PDF Guide)</p>

Grades	Pedestrian (Ped) Safety	Bike Safety	Math +Science + Health	Social Studies: Geography + Civics	Language Arts: Reading, Writing + Communicating	Physical Education
6 - 8	<p>WA State OSPI Bike & Pedestrian Safety Education Program</p>	<p>BTA's Grades 4-7 SafeRoutes for Kids Bicycle Safety Program Curriculum (3rd ed)</p> <p>American Alliance for Health, Physical Education, Recreation and Dance: Bikeology Curriculum: Part 1, Part 2, & Parent Guide</p> <p>WA State OSPI Bike & Pedestrian Safety Education Program</p>	<p>Colorado Department of Transportation: Core Subject Lesson Plans</p> <p>Oregon Department of Transportation: Neighborhood Navigators Curriculum</p> <p>Active Transportation Alliance: Unlocking Your Future: Transportation Lessons for Middle School</p> <p>Transportation Careers: Different Bicycles for Different Needs; Transportation Planning for Middle School</p>	<p>Colorado Department of Transportation: Core Subject Lesson Plans</p> <p>Safe Routes to School and Student Leaders: Facilitator's Guide to Engaging Middle School Youth</p>	<p>Colorado Department of Transportation: Core Subject Lesson Plans</p>	---

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9 - 12	---	<p>American Alliance for Health, Physical Education, Recreation and Dance: Bikeology Curriculum: Part 1, Part 2, & Parent Guide</p> <p>Pedestrian & Bicycle Information Center: Bicycle Safer Journey (for ages 15 - 18)</p>	<p>Transportation Careers: Different Bicycles for Different Needs; Transportation Planning for High School</p>	<p>Active Transportation Alliance: High School Complete Streets; Student Learning project</p>	<p>Active Transportation Alliance: High School Complete Streets; Student Learning project</p>	---

Learning Concepts Matrix

	Pedestrian (Ped) Safety	Bike Safety	Math +Science + Health	Social Studies: Geography + Civics	Language Arts: Reading, Writing + Communicating
Younger Elementary	Introduction to ped safety* <ul style="list-style-type: none"> • Traffic signs and signals • Basic road rules and conduct (Use Your Head Before Your Feet rhyme) • Intersection basics 	---	Health and environmental benefits <ul style="list-style-type: none"> • Mode capacity 	Mapping the route <ul style="list-style-type: none"> • Neighborhood sensory walk • Art contest 	Health and environmental benefits <ul style="list-style-type: none"> • Green Heroes
Older Elementary	Ped safety practice <ul style="list-style-type: none"> • Road rules and conduct • Walking survey • Mastering intersections 	Intro to bicycle safety* <ul style="list-style-type: none"> • Traffic safety • Bike laws and gear (Helmet fit, Melon drop) 	Travel mode survey and impacts <ul style="list-style-type: none"> • Eco-points score cards • Components of air and air quality • CO2 cycle • Health benefits of walking and biking 	Mapping the safest route to school	Travel mode impacts essay contest

	Pedestrian (Ped) Safety	Bike Safety	Math +Science + Health	Social Studies: Geography + Civics	Language Arts: Reading, Writing + Communicating
Middle School	School walk safety audit <ul style="list-style-type: none"> • Traffic tallies 	Visibility at night, left turns in traffic <ul style="list-style-type: none"> • On-street riding practice • Types of bicycle facilities 	Travel mode impacts: environment, health, livability <ul style="list-style-type: none"> • Commute costs + CO2 emissions calculations • Greenhouse in a bottle 	History of transportation modes <ul style="list-style-type: none"> • Civil rights & suffrage Intro to community planning (map ideal safe walk/bike community) Service project <ul style="list-style-type: none"> • Letter to council on walk and bike safety Civil engagement Presentation to decision makers on policy changes	Travel mode impacts report or speech
High School	Community walkability audit <ul style="list-style-type: none"> • Traffic tallies 	Community bikeability audit Bike field trip <ul style="list-style-type: none"> • Bike maintenance • Hazard avoidance 	Transportation efficiency <ul style="list-style-type: none"> • Commute costs + CO2 emissions calculations Caloric energy Physics of bicycles <ul style="list-style-type: none"> • Gears and Levers • Proportions 	Built environment impacts on mode choice Urban Planning as a profession (designing/mapping changes in community) Service project <ul style="list-style-type: none"> • Civic engagement for community change 	Service project <ul style="list-style-type: none"> • Identification of safety improvements reports