



CROSS-COUNTRY BICYCLING INSTRUCTOR GUIDE

A READ WRITE & RIDE LESSON

Supports Tennessee Health Education Standards 3-5:

Standard 1: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her.

Standard 4: The student will understand the relationship of physical activity and rest to healthy living.

Standard 8: The student will understand the importance of positive self-concept and interpersonal relationships for healthy living.

Standard 10: The student will understand attitudes and behaviors for preventing injuries and deaths from injury.

Supports Tennessee English Standards:

Reading Standards for Informational Text

Students will read about bicycling across the country. They will make a list of important items to take with them on a long bicycle trip.

This lesson includes an assignment that is appropriate for a group. You may wish to divide students into groups of three to five students and ask them to brainstorm their answers as a group. Answers might include (but not be limited to) items such as:

- Money
- Credit card
- Sunscreen
- Cell phone
- First aid kit
- Medicine
- Tire patch kit
- Change of clothes
- Food
- Poncho
- Water bottle
- Bike wrench

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📍 P.O. Box 715 Townsend, TN 37882-0715 📞 (865) 336-2967 🌐 www.bike-elf.org 📘 Facebook/bikeelf ✉ info@bike-elf.org
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