

Objective

To be able to recognise the importance of cycle helmets.

Activities

Before the lesson ask the children to bring in cycle helmets. It is important to stress to the children that any impact can affect the cycle helmet, therefore they need to carry helmets carefully. If a helmet is dropped it will need to be replaced.

Look at pictures of different types of helmets. Match the helmet to the name of the person who wears it. What are they used for? Why is it so important to protect our heads?

Look at the cycle helmets the children have brought in. Talk about what the helmet does.

Talk about how to wear the cycle helmet properly (see enclosed A3 sheet "correct fitting of a helmet").

Talk about the design of the helmets. Why did the children choose their helmet or why do they like it?

Do they think how it looks is important? (This should help them when they start to design their own helmets).

Resources needed

Children's cycle helmets

Pictures of different types of helmets & labels

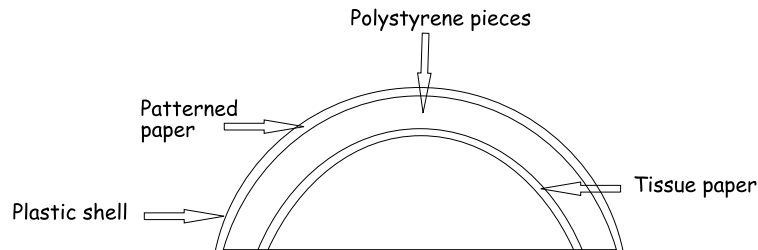
Laminated sheet to show how to wear a cycle helmet

Worksheet 1



You are going to make a cycle helmet for an egg. Look at the materials you have available. Think about what you are going to use and why.

Draw a plan of your design and label it with the materials you are going to use. Look at the example below to help you.



My design for the egg's cycle helmet

Explain why you have chosen these materials

