



Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

Title of Video and Topic:

___ Micro-video Series **X** Tutorial ___ Training ___ Screencast ___ Presentation/Lecture

Grade or Target Age Group Level: 5-16 years of age

Video Duration (*Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes*): **3-5 minutes**

FCCLA Integration (*National Programs, Competitive Events, Meetings/Events, if applicable*):

Families Acting for Community Traffic Safety

Video Learning Objective(s):

Optimal attire for riding a bicycle.

How to signal correctly while riding a bicycle.

How to avoid collisions with automobiles while riding a bicycle.

National Family and Consumer Sciences Standards (or others as appropriate):

13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.

Career Readiness Practices (Select all that apply):

- | | |
|--|---|
| <ul style="list-style-type: none"> ✓ Act as a responsible and contributing citizen and employee ✓ Apply appropriate academic and technical skills □ Attend to personal health and financial well-being ✓ Communicate clearly and effectively and with reason ✓ Consider the environmental, social and economic impacts of decisions ✓ Demonstrate creativity and innovation ✓ Employ valid and reliable research strategies | <ul style="list-style-type: none"> ✓ Utilize critical thinking to make sense of problems and persevere in solving them ✓ Model integrity, ethical leadership and effective management □ Plan education and career paths aligned to personal goals ✓ Use technology to enhance productivity ✓ Work productively in teams while using cultural global competence |
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Materials Needed to Create Video:

Camera, computer, bicycle, microphone, pickup/car, and tumbling mat.

Instructional Strategies:

Information will be mainly conveyed through voiceover, with video and graphics to accentuate points made during the voiceover.

Key Topic/Step 1: Wear a helmet and high-visibility clothing when riding a bike.

Timeframe: < 1 minute

Storyboard/Scripting (media/images/notes):

Helmet, high-vis clothing like a reflective vest.

Key Topic/Step 2: Hand signals while riding a bicycle.

Timeframe: ~ 1 minute

Storyboard/Scripting (media/images/notes):

Signals are done with the left hand. Out is left, up is right, and down is stop.

Key Topic/Step 3: How to not get hit by a car.

Timeframe: ~ 1 minute

Storyboard/Scripting (media/images/notes):

Watch out for intersections and things that obstruct your view. Various situations with crashes involved to drive point home.

Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer):

Wear a helmet/high-vis clothing, use hand signals, and be wary of dangerous situations.

Application or Assessment of Learning:

Viewers will gain important knowledge on how to stay safe while riding a bike.

We will gain useful technical and problem solving skills from constructing an instructional video.

Source (If Applicable: cite any published or copyrighted materials used in this video):

“Bicycle Safety.” NHTSA, U.S. Department of Transportation, 24 Oct. 2019, www.nhtsa.gov/road-safety/bicycle-safety.

Chadra, Karen. “Bicycle Safety Statistics May Surprise You.” National Safety Council, National Safety Council, 2020, www.nsc.org/safety-first-blog/bicycle-safety-statistics-may-surprise-you.

Additional Notes:

