



Teachers' Notes

Curricular links to Health Education 5-14 National Guidelines and RSE Guidelines

Attainment outcome: Taking responsibility for health

LEVEL A

STRAND	ATTAINMENT TARGET	RSE GUIDELINES
Social health This strand explores the interaction of the individual, the community and the environment in relation to health and safety.	Show simple ways of avoiding incidents e.g. crossing the road safely.	Pedestrian skills training (e.g. traffic trail).

Teaching Background Information

- ➔ The aim of the traffic trail is to provide opportunities for the pupils to:
 - ➔ Gain more knowledge about features of their environment.
 - ➔ Exercise those skills needed to cope with traffic today.
 - ➔ Develop a positive attitude towards their environment.
 - ➔ Become more aware of problems facing both drivers and pedestrians e.g. disabled road users.
- ➔ It is vital that all those adults involved in the trail e.g. parent helpers, are familiar with the area before taking the pupils out. Those involved should be trained by their local road safety officer or in accordance with Local Authority guidelines.
- ➔ If several parents are going to assist the class teacher in the trail, then a visit to the class beforehand would be advisable to introduce them to all the children. In other words the helper should not be a stranger to them.
- ➔ As many children are involved in accidents within a short distance of their own homes, it makes sense to concentrate effort in these areas, if possible.





Teachers' Notes

- ➔ By looking at features and danger points in their own school area, the pupils are made more aware of possible danger areas such as parked vehicles and dangerous bends which they may face daily.
- ➔ See your local road safety officer for assistance and guidance in organising and implementing the trail.
- ➔ You may want to use Gym Card 8: Physical Activity A11 - Traffic Trail before you carry out the traffic trail.

Useful Websites

www.roads.dft.gov.uk/roadsafety/rs2





Suggested Lesson Plan

Aims

- ➔ To make children aware of pedestrian skills.

Learning Outcomes

- ➔ Become familiar with the school surroundings.
- ➔ Exercise safe pedestrian skills in the school surroundings.

Resources

- ➔ Worksheet A11a – Traffic Trail.
- ➔ Gym Card 8: Physical Activity A11 – Traffic Trail.



Suggested Timing

- ➔ 30 minutes.

Suggested Development of Lesson

- ➔ You may want to contact your local road safety officer to help you set up your first traffic trail.
- ➔ There are a number of themes which could be included in the trail. The content of each trail will depend on the area in which it is carried out. The following are possible themes to explore throughout the trail:
 - ➔ Holding hands.
 - ➔ Observing items of street furniture e.g. kerb, pavement, road (see Worksheet A11a).
 - ➔ Choosing a safe place to cross the road e.g. at a pelican crossing if there is one.
 - ➔ Being seen.
 - ➔ Follow the 'Think, Stop, Look and Listen' procedure when crossing the road.
 - ➔ Point out factors which might make a particular road dangerous for the children e.g. bends reduce visibility.
 - ➔ Simple mapping e.g. locating where the school crossing patroller is sited.
 - ➔ Look at local road signs e.g. school sign.

Suggested Lesson Plan



- ➔ Taking the pupils out in small groups is advisable or splitting them between trained adult helpers.
- ➔ The traffic trail should allow for revision and reinforcement of some or all of Level A learning outcomes (see Teachers' Notes A1 – A11).
- ➔ Before the trail show the pupils Worksheet A11a and see if they can identify the pictures.
- ➔ Tell the pupils they are expected to look out for these during the trail.
- ➔ During the trail talk about and ask questions on any of the suggested themes which apply to the location and surroundings of your school.
- ➔ After the trail distribute Worksheet A11a and give pupils time for completion.

Assessment

- ➔ Pupils' oral and practical participation during the trail.
- ➔ Correct completion of Worksheet A11a.

Curricular Links

- ➔ English Language – Talking: Talking in groups.
- ➔ English Language – Listening: Listening in groups.

Follow-up/Homework Activities

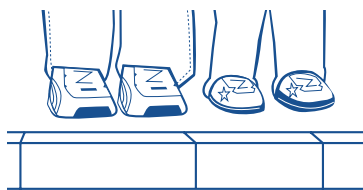
- ➔ Gym Card 8: Physical Activity A11 – Traffic Trail.



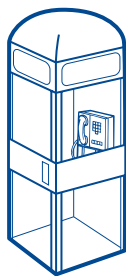
Name:

Date:

TASK Circle any of these that you saw on your traffic trail.



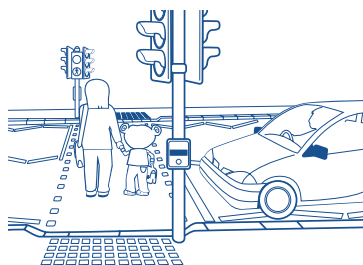
Kerb



Phone Box



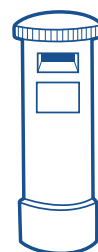
Parked Cars



Pelican Crossing



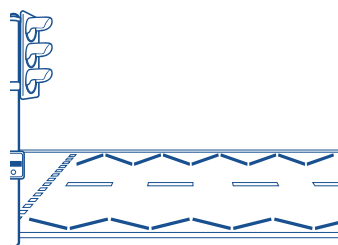
Lamp Post



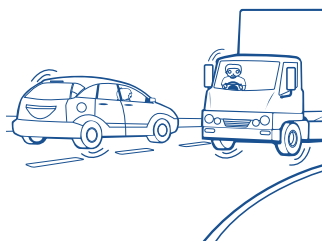
Post Box



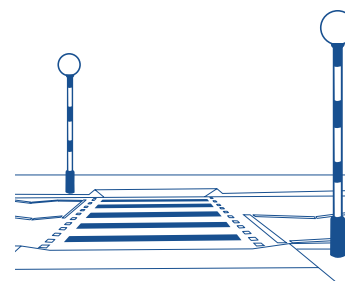
Road Sign



Zig Zags on Road



Moving Traffic



Zebra Crossing

EXTRA: On the back of this sheet write down or draw anything else you saw on your trail.

