



# 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
<b>Physical health</b> This strand explores physical factors in relation to our health and looking after ourselves.	Show an awareness of simple ways of keeping safe.	Need to wear seat belt or use child restraint in vehicle.

### Teaching Background Information

- ➔ If suitably restrained a child is 90% less likely to be killed.
- ➔ Recent surveys have indicated that over 40% of child seats checked in Scotland were incorrectly fitted. Many children are not restrained at all.
- ➔ Most accidents occur within a few miles of home at speeds lower than 30 mph on everyday trips to the shops, school or playgroup. It is these short trips where children are more likely to be unrestrained.
- ➔ In an accident, restraints perform two major functions:
  - ➔ They help to stop a child from hitting parts of the car or other occupants, or from going through the windscreen.
  - ➔ Because the belts stretch, or the seat harness has a two finger gap, a child will stop much more gently than by hitting the dashboard or other parts of the car.
- ➔ You may decide to order copies of the leaflet on '*Seat belts and child restraints*' (DfT) to hand out to parents. There is a copy of this leaflet in the 'Additional Resources' folder.

### Useful Websites

[www.childcarseats.org.uk/links](http://www.childcarseats.org.uk/links)

[www.protectchild.co.uk](http://www.protectchild.co.uk)

[www.srsc.org.uk](http://www.srsc.org.uk)

# Suggested Lesson Plan



## Aims

- ➔ To encourage children to always wear a seat belt or child restraint when travelling in a vehicle.

## Learning Outcomes

- ➔ Understand the importance of wearing a seat belt or child restraint when travelling in a vehicle.

## Resources

- ➔ Worksheet A9a – Seat Belts.
- ➔ Glossary.
- ➔ Word Flashcards.
- ➔ Gym Card 6: Physical Activity A9 – Seat Belts.
- ➔ Poster – In-Car Safety is included in Level C, Activity C2.
- ➔ *Seat belts and child restraints leaflet (DfT)* (in 'Additional Resources' folder).

## Suggested Timing

- ➔ 20 minutes.

## Suggested Development of Lesson

- ➔ Distribute Worksheet A9a to pupils.
- ➔ Class discussion on the different types of seat belts and child restraints for different ages of people e.g. baby seat, booster cushion, adult seat belt.
- ➔ Give pupils time for completion of worksheets.  
WARNING: Worksheet A9a shows a rear-facing baby seat in the front passenger seat. Rear-facing baby seats provide very high levels of protection for young babies. However, they should never be used where a front seat belt is protected by an active airbag.
- ➔ To finish the lesson, stress the importance of the correct use of seat belts. Pupils should not adjust, tamper with or release seat belts themselves.



# Suggested Lesson Plan

## Assessment

- ➔ Correct completion of Worksheet A9a (see answers below).

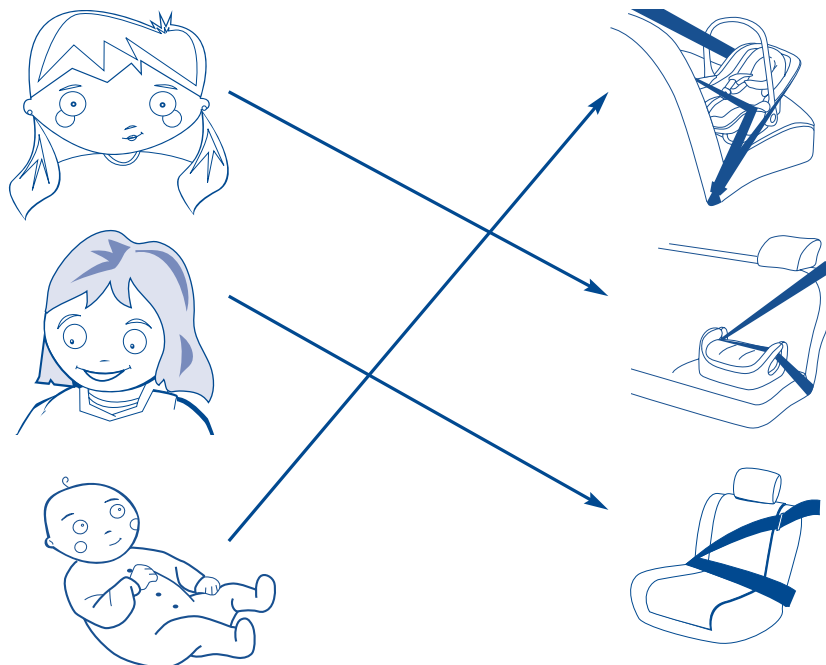
## Curricular Links

- ➔ English Language – Talking: Talking about texts.
- ➔ English Language – Listening: Listening in order to respond to texts.

## Follow-up/Homework Activities

- ➔ Gym Card 6: Physical Activity A9 – Seat Belts.
- ➔ Hand out leaflet on '*Child restraints and seat belts*' to parents.
- ➔ Produce a class statement on why it is necessary to wear a seat belt.
- ➔ Use chairs to make a car or bus seating arrangement and go for a pretend ride. Talk about sitting safely, putting on seat belts and practise getting in and out of the vehicle using the door nearest to the pavement (use a mat for the pavement).
- ➔ Go for a walk outside, look out for parked cars and ask the children to point out the safe side for getting in and out of the vehicle.

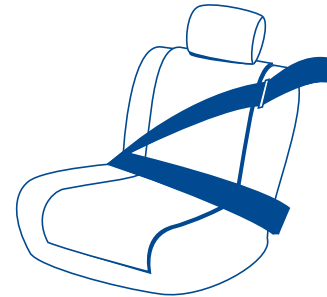
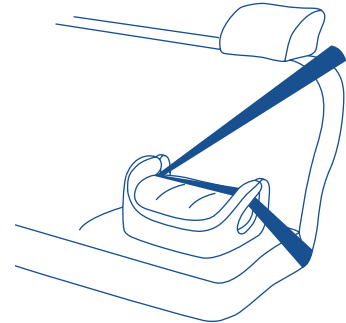
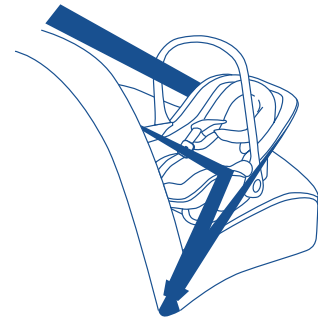
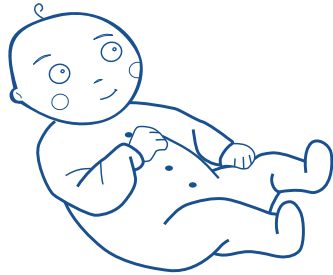
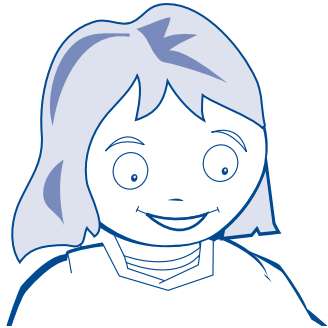
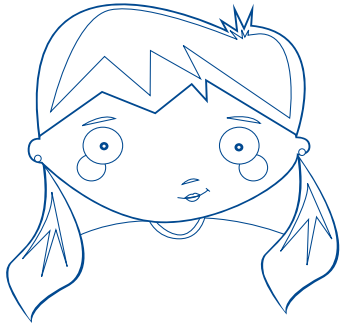
## Worksheet Answers



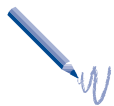
Name:

Date:

**TASK** 1. Match each person with the seat belt that is best for them.

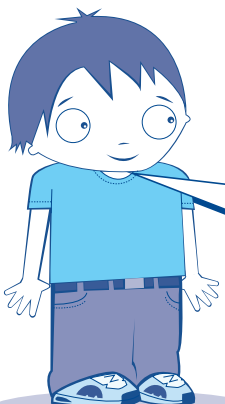


2. Put a tick next to the seat belt you use.



3. On the back draw a picture of yourself sitting safely in the car.

4. Under your picture write about why you should wear a seat belt.



**Remember to always wear a seat belt.**

