



Teachers' Notes

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

Attainment outcome: Taking responsibility for health		
LEVEL B		
STRAND	ATTAINMENT TARGET	RSE GUIDELINES
Physical health This strand explores physical factors in relation to our health and looking after ourselves.	Identify a range of ways of keeping safe e.g. safe road use.	Plan a safer route to and from school.

Teaching Background Information

- ➔ Pupils are encouraged to think about their own route to school in terms of safe places to cross and hazards.
- ➔ Pupils should understand that safer routes are routes that could have special crossing places e.g. a traffic island. They could also be roads which are quiet and do not have heavy traffic.
- ➔ Where there is no pavement, pedestrians should walk facing the oncoming traffic (i.e. on the right). You might like to highlight this, if you live in a rural area.
- ➔ Refer to Teaching Background Information in Activity B1 – Safer Places to Cross the Road and Activity B2 – The Green Cross Code for details on safe procedures for pedestrians.
- ➔ Teachers might contact their local road safety officer for local maps of the area.
- ➔ If you carry out the Parent/Guardian Information and Task Sheet, you may want to order copies from the DfT or from your local road safety officer of the leaflet *'Get Across Road Safety: An Essential Guide for Parents with Children in the Age Zone 7-10'*. You could give this leaflet out to parents.



Useful Websites

www.saferoutestoschools.org.uk

www.youngtransnet.org.uk

www.walktoschool.org.uk

www.scotland.gov.uk/stats/land.htm

For the above website, click on Transport, Travel and Tourism. Recent publications are listed. Relevant publications include Scottish Transport Statistics, Road Accidents Scotland and Household Transport.



Suggested Lesson Plan

Aims

- ➔ To plan a safer route to and from school.

Learning Outcomes

- ➔ Recognise that some routes are safer than others.
- ➔ Plan a safer walking route to and from school.



Resources

There are separate worksheets for 'In the Town' and 'In the Countryside'.

- ➔ Sheet B7a – Milo's Journey to School: In the Town or Jess's Journey to School: In the Countryside.
- ➔ Worksheet B7b – Planning a Safer Route: In the Town or Planning a Safer Route: In the Countryside.
- ➔ Worksheet B7c – Milo's Journey to School: In the Town or Jess's Journey to School: In the Countryside.
- ➔ Worksheet B7d – Planning a Safer Route: In the Town or Planning a Safer Route: In the Countryside.
- ➔ Glossary.
- ➔ Word Flashcards.
- ➔ Parent/Guardian Information and Task Sheet.
- ➔ Leaflet for parents – *Get Across Road Safety: An Essential Guide for Parents with Children in the Age Zone 7 – 10 (DfT)* (in the 'Additional Resources' folder).



Suggested Timing

- ➔ 60 minutes.

Suggested Development of Lesson

Note: There are two sets of worksheets for this activity – one for 'In the Town' (with Milo) and one for 'In the Countryside' (with Jess). Please decide on the most appropriate worksheets.

Suggested Lesson Plan



- ➔ Whole class discussion – pupils describe their route to and from school, how they travel, what they pass, who they are with, the roads they cross.
- ➔ Revise with the children the meaning of the terms traffic island, pedestrian subway or underpass (for town maps) and zebra crossing – see Glossary.
- ➔ Distribute Sheet B7a. Choose from 'In the Town' or 'In the Countryside'. As a class, find various places and buildings on the map.
- ➔ Distribute Worksheet B7b. Choose from 'In the Town' or 'In the Countryside'. Complete the worksheet in pairs.
- ➔ Distribute Worksheet B7c. Choose from 'In the Town' or 'In the Countryside'. Complete the worksheet.
- ➔ As a class, compare answers and discuss why one route is safer.

The safest route is usually one where you don't have to cross many roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge/subway.

- ➔ Distribute and complete Worksheet B7d.
- ➔ As a class discuss pupils' chosen routes asking for reasons for their choices.
- ➔ Distribute copies of the Parent/Guardian Information and Task Sheet. You may also want to hand out the leaflet to parents.

Assessment

- ➔ Correct completion of the worksheets (see answers).



Curricular Links

- ➔ Environmental Studies – Knowledge and Understanding – People and Place: Using maps.
- ➔ English Language – Talking: Talking in groups.
- ➔ English Language – Listening: Listening in groups.

Follow-up/Homework Activities

- ➔ Pupils can access relevant websites on the Internet to find out additional information on safer routes to school. Please refer to Teaching Background Information.

Homework for Parents

In class we have been looking at maps and planning **safer** pedestrian routes from one place to another. Your child should understand that some routes are safer than others e.g. it is safer to cross roads at a pedestrian crossing or a traffic island, if there is one, or use quieter roads. He/she should also be aware that the safest route is not necessarily the quickest or shortest route.



Tasks to do:

1a. If it is practical and realistic for your child to walk to school, walk with them.

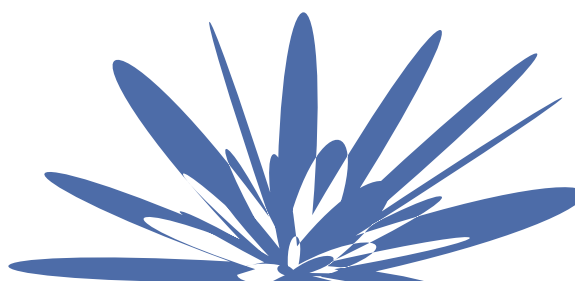
OR

1b. If this is not the case, choose somewhere your child might walk to e.g. the local park or to a neighbour's house.

On the walk you could talk about and look out for:

- ➔ The Green Cross Code. (You and your child should already be familiar with this.)
 - ➔ Safer places to cross the road (e.g. zebra crossings, traffic lights, traffic islands).
 - ➔ Any hazards you notice along the way (e.g. blocked pavement, road works.)
Together, work out some strategies to deal with them.
- 2.** A few days after doing Task 1a or 1b tell your child they have to imagine that they are a teacher and are going to take you on the same walk as before. Watch to see if your child is a safe road user and remembers to choose the safest route to wherever it is you are going. Discuss their road safety skills with them during and after the walk.
- 3.** You need a copy of a map of wherever you walked to for Task 1. You can do this map work with your child if he/she needs support. Talk to your child about the map and ask them to draw on the journey you both made. They could mark on places they had to cross the road and make a key for the different types of crossings they used, if there was more than one.

We would recommend that you carry out these tasks with your child. However, they are optional.



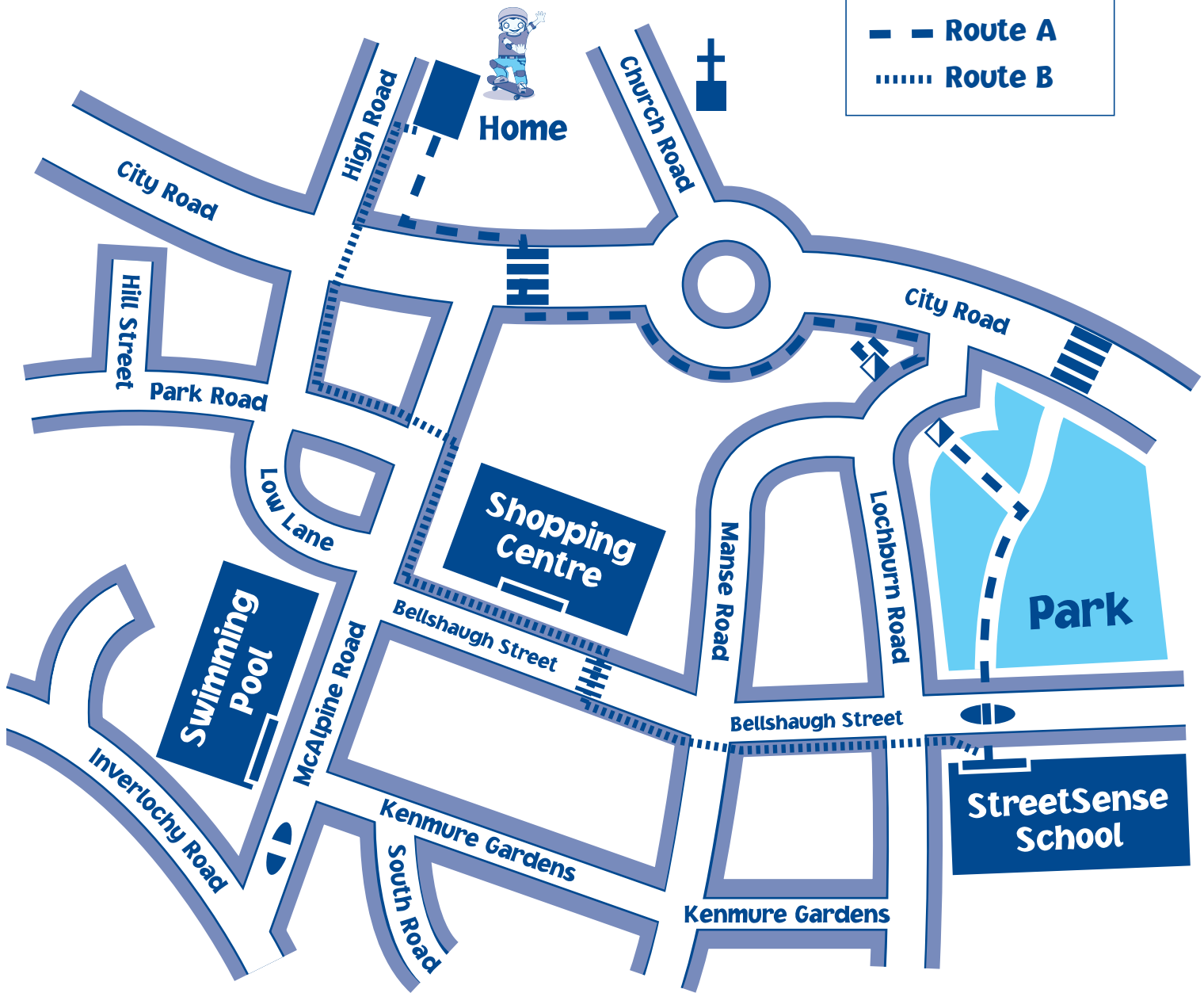


Name: _____ Date: _____

Clydeside Town

Key

- Pavement
- Traffic Island
- Zebra Crossing
- Church
- Pedestrian Subway
- Route A
- Route B





TASK

Names: _____

Date: _____

- ➔ Answer the questions below using your map on Sheet B7a to help you.
- ➔ You can work with a partner.

AIM:
You are going to plan a safer route to and from school.

1. How many zebra crossings can you see and on which roads? _____

2. How many traffic islands can you see and on which roads? _____

3. The school is on the corner of which street and which road? _____

4. Which roads meet at the roundabout? _____

5. Which road crosses in the middle of Kenmure Gardens? _____

6. Milo's house is on which road? _____

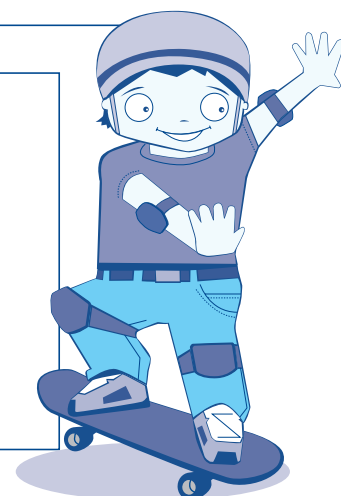
7. What sort of road is Hill Street? _____

WORDS TO HELP YOU

Route is another word for journey.

A **zebra crossing** is made up of black and white lines on the road. It is a safer place to cross.

A **traffic island** is some raised pavement in the middle of the road. It is a safer place to wait, while crossing a busy road.



Pupil Activities Answers

AIM:
You are going to plan a safer route to and from school.

- TASK**
- ➔ Answer the questions below using your map to help you.
 - ➔ You can work with a partner.

1. How many zebra crossings can you see and on which roads? _____
3 – two on City Road and one on Bellshaugh Street.

2. How many traffic islands can you see and on which roads? _____
2 – on McAlpine Road and Bellshaugh Street.

3. The school is on the corner of which street and which road? _____
Bellshaugh Street and Lochburn Road.

4. Which roads meet at the roundabout? _____
City Road and Church Road.

5. Which road crosses in the middle of Kenmure Gardens? _____
Manse Road.

6. Milo's house is on which road? _____
High Road.

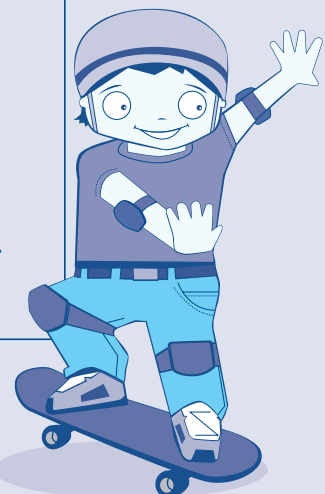
7. What sort of road is Hill Street? _____
Dead end or cul-de-sac.

WORDS TO HELP YOU

Route is another word for journey.

A **zebra crossing** is made up of black and white lines on the road. It is a safer place to cross.

A **traffic island** is some raised pavement in the middle of the road. It is a safer place to wait, while crossing a busy road.



Name: _____

Date: _____

TASK

1. Look at the map of Milo's journey to school on Sheet B7a.
2. Tick the box for the right answer:



How many roads does Milo cross and go under in Route A?

2
 3
 5

How many roads does Milo cross in Route B?

2
 3
 5

AIM:
 You are going to
 plan a safer route
 to and from school.

3. Fill in the table below.

	Route A	Route B
How many zebra crossings does Milo use?		
How many traffic islands does Milo use?		
How many subways does Milo use?		
TOTAL		

4. Look at your answers to questions 2 and 3.
 These answers will help you fill in the gaps below.



Route _____ is the safer route for Milo because _____



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

TASK

- Look at the map of Milo's journey to school on Sheet B7a.
- Tick the box for the right answer:

How many roads does Milo cross and go under in Route A?

2
 3
 5

How many roads does Milo cross in Route B?

2
 3
 5

AIM:
 You are going to plan a safer route to and from school.

- Fill in the table below.

	Route A	Route B
How many zebra crossings does Milo use?	1	1
How many traffic islands does Milo use?	1	0
How many subways does Milo use?	1	0
TOTAL	3	1

- Look at your answers to questions 2 and 3. These answers will help you fill in the gaps below.

Route **A** is the safer route for Milo because **this route has less roads to cross. There are also more road crossings with help (e.g. zebra crossing, traffic island, subway).**

REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.





Name: _____ Date: _____

TASK

It is time for Milo to leave school.
He is going swimming and then home.

AIM:
You are going to
plan a safer route
to and from school.

1. Plan a route for Milo from school to the swimming pool.



Draw this on your map on Sheet B7a in red.

2. How many roads does Milo cross or go under in the red route? _____

3. Plan a route for Milo from the swimming pool to his home.



Draw this on your map on Sheet B7a in blue.

4. How many roads does Milo cross in the blue route? _____

5. Fill in the table below.

	Red Route	Blue Route
How many zebra crossings does Milo use?		
How many traffic islands does Milo use?		
How many roads does Milo cross without help?		
TOTAL		



EXTRA

The route from school along Bellshaugh Street and McAlpine Road is the shortest route to the swimming pool. Why is this not the safest route from school to the swimming pool?



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

TASK It is time for Milo to leave school.
He is going swimming and then home.

AIM:
You are going to
plan a safer route
to and from school.



1. Plan a route for Milo from school to the swimming pool.
Draw this on your map on Sheet B7a in red.

2. How many roads does Milo cross or go under in the red route? 5



3. Plan a route for Milo from the swimming pool to his home.
Draw this on your map on Sheet B7a in blue.

4. How many roads does Milo cross in the blue route? 4

5. Fill in the table below.

	Red Route	Blue Route
How many zebra crossings does Milo use?	1	2
How many traffic islands does Milo use?	2	1
How many roads does Milo cross without help?	1	1
TOTAL	4	4



EXTRA The route from school along Bellshaugh Street and McAlpine Road is the shortest route to the swimming pool. Why is this not the safest route from school to the swimming pool?

Milo crosses three roads with no help (e.g. zebra crossing, traffic island, underpass).



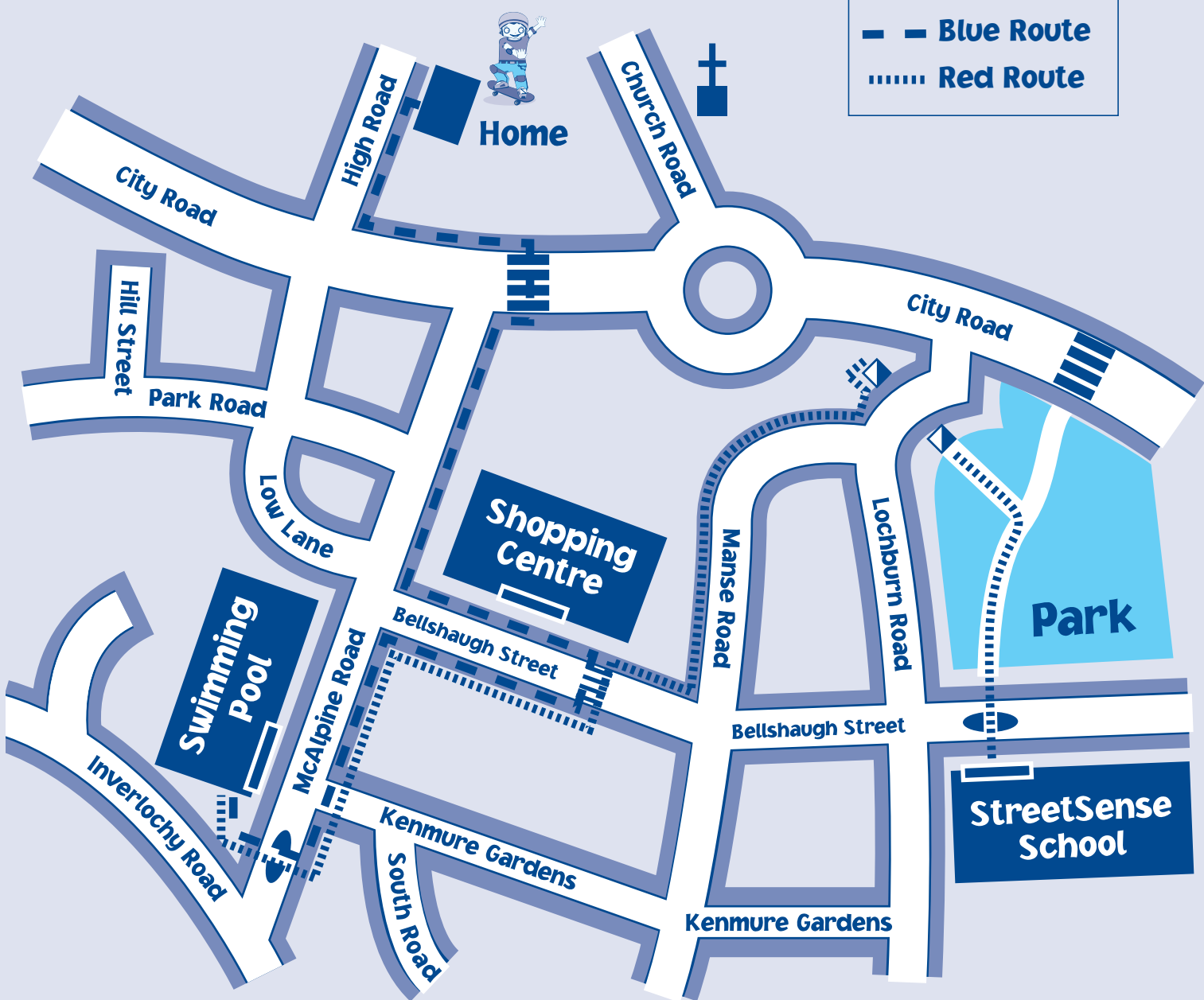
REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

Clydeside Town

Key

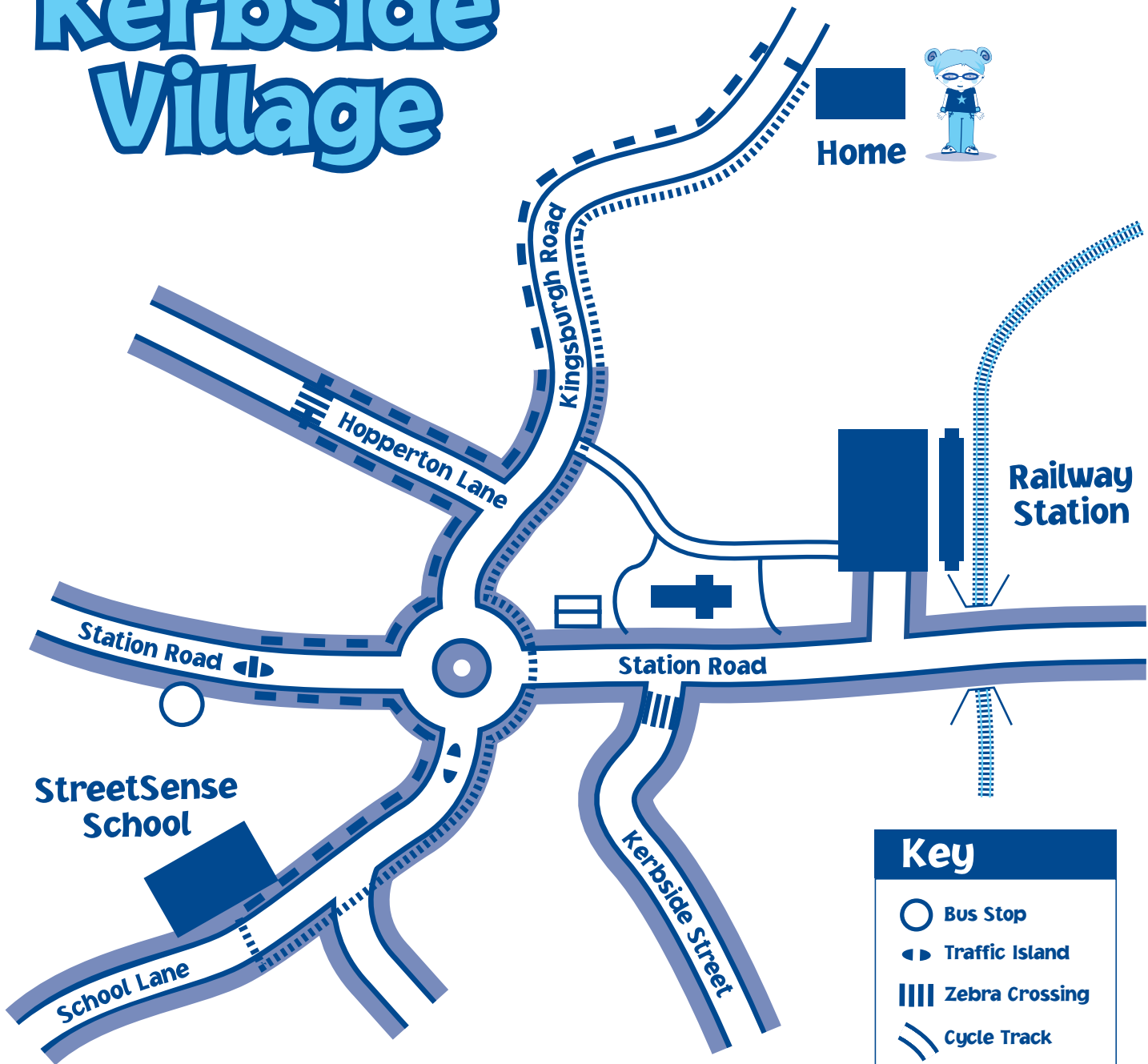
- Pavement
- Traffic Island
- Zebra Crossing
- Church
- Pedestrian Subway
- Blue Route
- Red Route



Name:

Date:

Kerbside Village



Key

- Bus Stop
- ◀▶ Traffic Island
- ▤ Zebra Crossing
- ⤵ Cycle Track
- ▬ Pavement
- ▭ Village Shop
- ⊕ Church
- ∨ Railway Bridge
- Route A
- Route B

Names: _____

Date: _____

TASK



- ➔ Answer the questions below using the map on Sheet B7a.
- ➔ You can work with a partner.

AIM:
*You are going to
plan a safer route
to and from school.*

1. How many zebra crossings can you see and on which roads? _____

2. How many traffic islands can you see and where? _____

3. The school is on which road? _____

4. Which 3 roads meet at the roundabout? _____

5. Which road does Hopperton Lane meet? _____

6. Jess's house is on which road? _____

7. On which road is the village shop? _____

WORDS TO HELP YOU

Route is another word for journey.

A **zebra crossing** is made up of black and white lines on the road.
It is a safe place to cross.

A **traffic island** is some raised pavement in the middle of the road.
It is a safe place to wait, while crossing a busy road.



Pupil Activities Answers

TASK

- ➔ Answer the questions below using the map on Sheet B7a.
- ➔ You can work with a partner.

AIM:
You are going to
plan a safer route
to and from school.

1. How many zebra crossings can you see and on which roads? _____

2 – Hopperton Lane and Kerbside Street.

2. How many traffic islands can you see and where? _____

2 – School Lane and Station Road.

3. The school is on which road? _____

School Lane.

4. Which 3 roads meet at the roundabout? _____

Station Road, School Lane and Kingsburgh Road.

5. Which road does Hopperton Lane meet? _____

Kingsburgh Road.

6. Jess's house is on which road? _____

Kingsburgh Road.

7. On which road is the village shop? _____

Station Road.

WORDS TO HELP YOU

Route is another word for journey.

A **zebra crossing** is made up of black and white lines on the road.
It is a safer place to cross.

A **traffic island** is some raised pavement in the middle of the road.
It is a safer place to wait, while crossing a busy road.



Name: _____

Date: _____

TASK

1. Look at the map on Sheet B7a of Jess's journey to school.
2. Tick the box for the right answer:



How many roads does Jess cross in Route A?

2 3 5

How many roads does Jess cross in Route B?

2 3 5

3. Which route is longer?

A B

4. Fill in the table below.

	Route A	Route B
How many zebra crossings does Jess use?		
How many traffic islands does Jess use?		
TOTAL		

4. Look at your answers to questions 2, 3 and 4. These answers will help you fill in the gaps below.



Route _____ is the safer route for Jess because _____



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

TASK

- Look at the map on Sheet B7a of Jess's journey to school.
- Tick the box for the right answer:

How many roads does Jess cross in Route A?

2 3 5

How many roads does Jess cross in Route B?

2 3 5

- Which route is longer?

A B

- Fill in the table below.

	Route A	Route B
How many zebra crossings does Jess use?	1	0
How many traffic islands does Jess use?	1	0
TOTAL	2	0

- Look at your answers to questions 2, 3 and 4. These answers will help you fill in the gaps below.

Route **A** is the safer route for Jess because *although they both have 3 road crossings and B is a shorter route, 2 of the 3 crossings in route A are at a suitable crossing (e.g. at a zebra crossing and a traffic island). Also, at the beginning of route A, on the stretch of road with no pavement, route A is facing the oncoming traffic.*

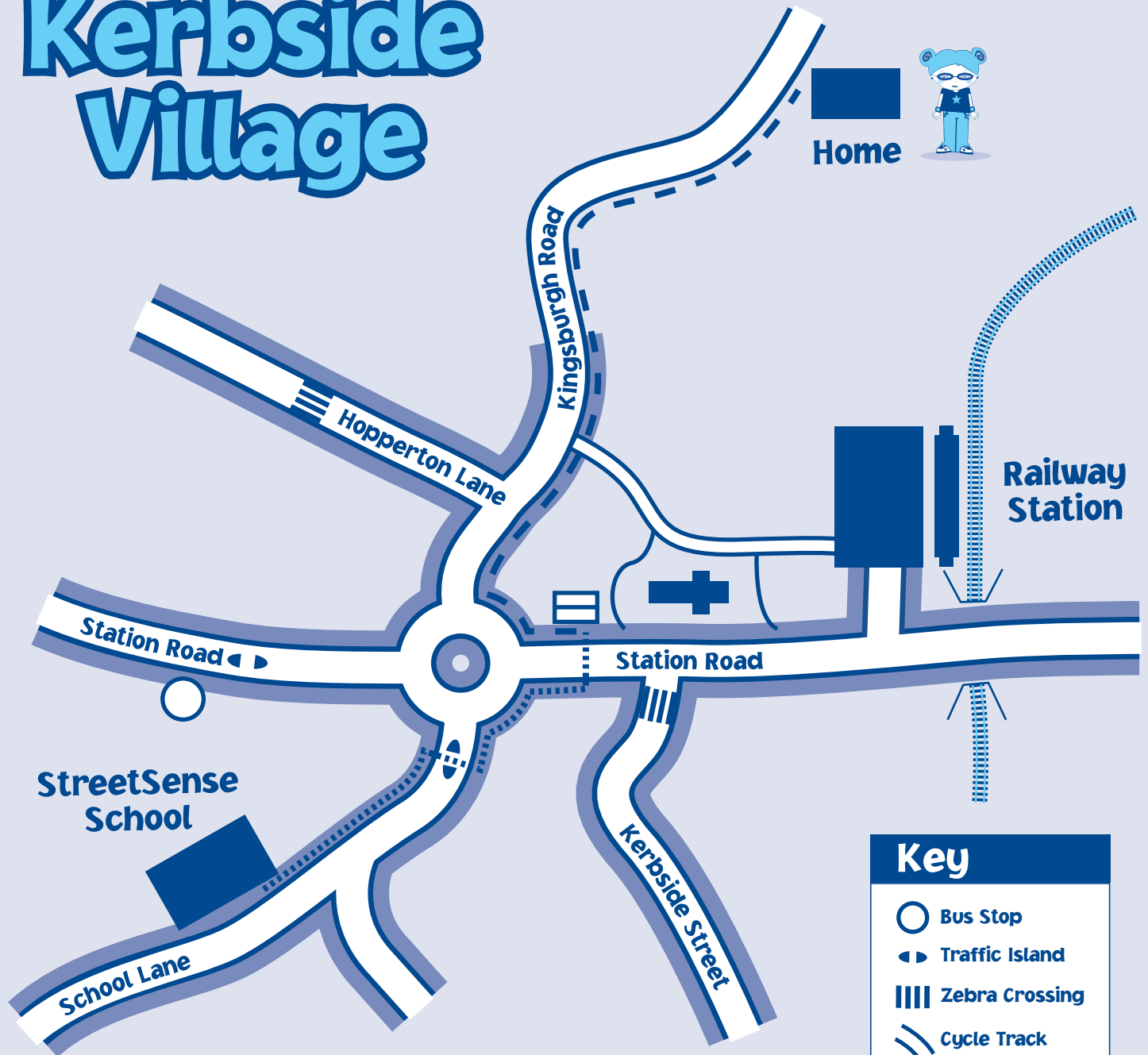
AIM:
You are going to plan a safer route to and from school.



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

Kerbside Village



Key	
	Bus Stop
	Traffic Island
	Zebra Crossing
	Cycle Track
	Pavement
	Village Shop
	Church
	Railway Bridge
	Blue Route
	Red Route



Name: _____ Date: _____

AIM:
You are going to plan a safer route to and from school.

TASK

It is time for Jess to leave school. She is going to go to the village shop on her way home.

1. Plan a route for Jess from school to the village shop.



Draw this on your map on Sheet B7a in red.

2. How many roads does Jess cross in the red route? _____

3. Plan a route for Jess from the village shop to her home.



Draw this on your map on Sheet B7a in blue. _____

4. How many roads does Jess cross in the blue route? _____

5. Fill in the table below.

	Red Route	Blue Route
How many zebra crossings does Jess use?		
How many traffic islands does Jess use?		
How many roads does Jess cross without help?		
TOTAL		



EXTRA

Which is the safest route – the red route or the blue route? Explain your choice.



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.

Pupil Activities Answers

TASK It is time for Jess to leave school.
She is going to go to the village shop on her way home.

AIM:
You are going to
plan a safer route
to and from school.

Note: Pupil answers to questions 2-5 will depend on the route then have chosen. These answers are for the safest routes as shown on the Map Answer Sheet B7d.

- Plan a route for Jess from school to the village shop.
Draw this on your map in red.
- How many roads does Jess cross in the red route? 2
- Plan a route for Jess from the village shop to her home.
Draw this on your map in blue.
- How many roads does Jess cross in the blue route? 0
- Fill in the table below.

	Red Route	Blue Route
How many zebra crossings does Jess use?	0	0
How many traffic islands does Jess use?	1	0
How many roads does Jess cross without help?	1	0
TOTAL	2	0



EXTRA Which is the safest route – the red route or the blue route? Explain your choice.

The blue route is the safest route because there are no roads to cross. Also on the section of road with no pavement, Jess walks facing the oncoming traffic.



REMEMBER The safest route is usually one where you don't have to cross many roads or very busy roads. If you cross a road, it is safest to cross at a zebra crossing, a traffic island or a bridge or subway.