



Staying Safe



Travelling actively to school is a great way for young people to get much of the exercise they need to stay healthy, while evidence shows they also arrive more alert and ready to learn. This series of free resources offers fun and engaging activities based on cycling, walking and scooting that can easily be fitted into the busy school day. Each theme includes a 10, 20 and 30 minute activity requiring little preparation and no resources other than those found in a typical classroom. The other resources in the series – Being Healthy, Exploring, Looking After Your World and Future Journeys – are free to download from www.sustrans.org.uk.

Hi-vis treasure hunt



10 minutes



None



Solo or pairs activity

Aim

Pupils explore what they can do to make themselves more visible when they are on their journey to school.

Instructions

Pupils rummage through the classroom, their bags and their clothes to scavenge anything they can find that is reflective, fluorescent, illuminated or simply bright and shiny.

It might be a set of bike lights, but could equally be a piece of tin foil from their sandwiches.

Extension

Pupils discuss what's easiest to see. Turn the lights off. Is it still the same result? What happens if you shine a mobile phone light on materials, get closer or further away, or see it out of the corner of your eye? Is a flashing or steady light more noticeable?

Hazard map



20 minutes



Paper, pen



Solo activity

Aim

Pupils identify the potential hazards they experience on their journey to school.

Instructions

Pupils draw their journey to school, not in streets or distance, but with what they perceive to be possible problems, or unpleasant situations. They could write a list of words or situations or draw different features – maybe busy roads, litter, bad crossings, dirty buses, other schools, poor lighting or even dog mess (we find that comes up a lot). It might even be the weather.

Extension

Pupils compare their list with another pupil. Is there a common class theme and what problems are identified most? Do two children on the same journey identify different issues? Would it be different if doing this exercise in a different season? You could get local maps another time and actually plot routes and identify better alternatives – using advice from other children.

Sustrans runs a free information service for enquiries about our work in educational settings and with young people. If you have a question, please call **0117 915 0100** or email youngpeople@sustrans.org.uk





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30 minutes



None



Group activity

The great safety debate

Aim

Pupils discuss solutions to common safety concerns.

Instructions

Split pupils into groups to discuss safety on the school journey, either their own or in general. Use prompts like:

- should all children have to wear helmets?
- are cycling and scooting safe?
- should helmets be a legal requirement?
- do helmets actually make us safer?
- what helps us stay safe on the journey to school?
- what things make the school journey unsafe?

Pupils can sort their findings into an order of importance, or discuss solutions to issues they raise, and present these to the rest of the class. Set time limits for each part of the task.



Extension

Expand into a full debate. Either choose a subject to debate, or have the class vote on the issues they discussed. Pick two teams of three and a chairperson, the rest of the class listen and vote. You can allow a certain number of questions as time permits.



Sustrans' School Mark recognises and supports schools' excellence in active and sustainable travel. It enables them to be beacons of best practice and consists of three progressive levels for schools to work through – Bronze, Silver and Gold.

On successful achievement of Bronze the school will receive a plaque, plus a certificate and digital motif to use for each level gained. For more information, visit www.sustrans.org.uk/schoolmark



Sustrans' annual **Big Pedal** is the UK's largest inter-school cycling and scooting challenge. Each spring, schools compete to see who can get the most pupils, families and staff members to arrive on two wheels. The more that do, the greater the chance to win some fantastic prizes from bike and scooter storage to cycle stunt shows by top UK riders. The competition is weighted according to school size, so everyone has a fair chance to win!

For further information on this event, visit www.sustrans.org.uk/bigpedal

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. www.sustrans.org.uk

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