# Lesson 2 – Are you paying attention?

**Lesson Overview**
Students self-assess their attitudes and behaviours to road safety. Students consider journeys they regularly take, such as travelling to school, and test their knowledge of this route.

**Learning Outcomes**
Highlight areas for improvement with their current road safety attitudes and behaviour. Understand how familiar routes can sometimes be done on ‘automatic pilot’ and the danger this puts students in.

**National Curriculum**
PSHE Core Theme 1 - Health and wellbeing

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<td><strong>Starter</strong></td>
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<td>15 min</td>
<td>Teacher led discussion about the students’ journey to school. Ask how many students walk or cycle to school, how many come by bus or car? If they travel by vehicle ask them to think of a route they regularly walk that they are familiar with. How many students believe they always pay attention on these regular journeys? When you often travel the same route you can go on ‘automatic pilot’ and not give the journey the attention it needs. Ask a few simple questions about the roads near the school such as; what traffic signs are there? What is the speed limit outside? Where are the bus stops? Why don’t all students know this?</td>
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| **Main** |                                                                 |                      |
| 15 min  | Explain to the students that they are going to fill in a quick self-assessment about how they behave and act around roads. Encourage the students to fill in the **What I do** worksheet as honestly as possible. This is a personal self-assessment so they can think about their behaviour around roads to identify where they can improve. Students answer the questions around the circle by shading in the segments to show their answers, any segments they are unable to completely shade show areas for improvement. | **What I do** worksheet |
| 15 min  | Students complete the ‘**How aware am I?’** worksheet to test their knowledge of routes they regularly travel. This could be their route to school, or the other regular route discussed in the starter activity e.g. to a friend’s house, the shops or a grandparents’ house. | **How aware am I?** worksheet |

| **Review, reflect and assess** |                                                                 |                      |
| 15 min  | Teacher led discussion about how easily students were able to answer questions about their journey. Why did the students have difficulty answering these questions? Highlight how students can sometimes be on ‘auto pilot’ when travelling and the dangers this presents around roads. | **How aware am I?** worksheet |
| Home - work | Next time they take that route they are to check the answers on their worksheet and fill in any blanks to raise awareness of their journey and safety. Remind students to fill in the sheet in a safe area. |                      |
How safe are you around roads? Answer the statements around the circle by shading in the segments up to the ring that shows how much you do this. If you find an area to improve on work out what you can do to stay safe.

1st ring = (closest to centre) I never do this.
2nd ring = Sometimes.
3rd ring = I often do this but occasionally don’t.
4th ring = (shade in the entire segment) I always do this.

I stop at every road to check it’s safe to cross.
I don’t use my mobile phone or MP3 player when crossing the road.
I encourage my friends to be safe around roads.
I give the road my full attention.
I walk calmly and directly across the road.
I use zebra crossings, traffic lights and school crossing patrol when possible.
I cross the road where I can see traffic clearly and check it’s safe to cross.
How aware am I?

You will probably take the same route to school everyday. This means that you will walk the same journey 380 times in a school year. How much attention do you pay to this route? As you get used to the route you may start to go on ‘automatic pilot’ – this is really dangerous when dealing with road safety. Answer the questions below about your route and check if you were right or fill in any gaps next time you travel – check these from the pavement in a safe area where you don’t block others view.

Roads

1. How many roads do you cross to get to school? _____________________

2. How many of the roads have a 30 mph limit? _____________________

3. How many of the roads have 40mph or higher limit? _____________________

4. What is the highest speed limit on a road you cross? _____________________

5. Do you have to cross any major roads? _____________________

6. Where is the most traffic on your journey? _____________________

7. Are there any road calming schemes, e.g. speed bumps? _____________________

Safe crossings

8. How many zebra crossings can you use? _____________________

9. How many zebra crossings do you use? _____________________

10. How many traffic lights can you cross at? _____________________

11. How many do you use? _____________________

12. Can you use school crossing patrol? _____________________

13. Do you use this / would you if it was available? _____________________

14. Do you find the safest place to cross? _____________________