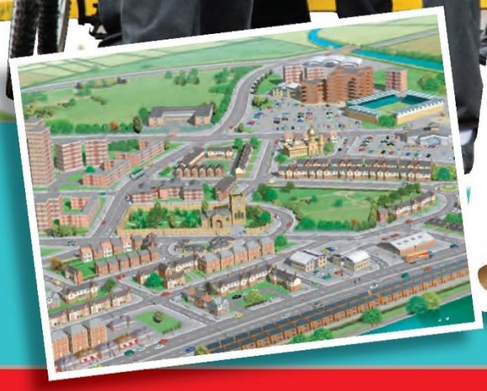
WAY 2 GO!

Route planning and getting to school safely

Year 7 and beyond!



- ROUTE PLANNER
- TIME TO GO!
- FROM A - B
- SAFE AND SOUND
- ON THE RIGHT TRACK
- JUST LEAVING?







All the info you'll ever need for the BIG trip to year SEVEN!

The road ahead!

This workbook is all about great ways of getting around! As you are about to start secondary school, you are likely to travel more independently.

We're going to take a look at some of the ways you can get there! From walking to cycling and even hopping onto the train or bus!

There's loads to do and think about - so stay onboard to plan your BIG journey to destination YEAR 7!

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ALL ABOUT YOU

How do you get to primary school?

I'm driven to school	☐	Walk all the way	☐
Ride my bike	☐	Catch the bus	☐
Scoot to school	☐	Park and stride	☐
Other	☐		



How far is it from your home to school?
Check it out on Google maps!

_____.

How long does it take?

_____.

Spot the hazards...

What hazards are there on your route?



A busy junction?
Where is it?

_____



A busy road?
Where is it?

_____

Name two hazards on a busy road

_____



Loads of parked cars?
Where are they?

_____

Why might they be dangerous for you?

_____

What else do you have to look out for?

_____

ROUTE PLANNER



Jay and Alisha are starting secondary school in September but which are the best and safest routes for them to take?

Fill in the questions below and then draw what you think are their best routes to school on the map.



Jay's journey...

Bus, walk or cycle?
What's the best way for him to get to school and why?

EXTRA INFO
- Jay wants to go to the shops on the way to school.



Alisha's journey...

Bus, walk or cycle?
What's the best way for her to get to school and why?

EXTRA INFO
- Alisha wants to go to her friend Sarah's house on the way to school.



WAY 2 GO! challenge!

Do a survey as a class outside your school - how much traffic comes past at different times of the day? Are there any ways the roads could be improved? How many pedestrians cross the road?

WHO GOES WHERE

THINK AGAIN!

Now that you can see more about Jay and Alisha's journeys to school, draw their routes again here. Think about any hazards they may face and remember that the shortest route is not always the safest!

Before you plan their routes, look at the facts below. Work out the best routes to keep them as safe as possible.

Put a circle around any possible hazards you can see on the aerial view.

School



Jay's house



Sarah's house



Alisha's house

FACT! PARKED CARS

17% of all pedestrian accidents happen when someone is crossing from behind a parked car. The figures are the highest for pedestrians aged 8-15 years old.

FACT! SPEED OF CARS

The risk of death is approximately four times higher when a pedestrian is hit at 40mph than at 30mph.

FACT! SAFER CROSSING PLACES

Two thirds of all pedestrians injured were not crossing at a safer crossing place.

FACT! CYCLISTS

Almost two thirds of cyclists killed or seriously injured were involved in collisions at, or near, a road junction.

WAY 2 GO! Challenge!

Compose your own Rap song or poem to warn people about one of the hazards that you have spotted on the roads.

TIME 2 GO!



HOW ARE YOU GOING TO TRAVEL TO YOUR NEW SCHOOL?

My new school...

Draw a picture of yourself in your new uniform or a picture of your new school badge.

School Facts...

Find out three facts about your new school.

What...

...are some of the new subjects you will be taking?

What's your home postcode?

New school address, including postcode

What time do I need to be there?

How long will it take to get there?

Some schools have several entrances - do you know where they are? Which one will you use?

Some of your friends might be going to the same school - find out how they plan to get there. Could you travel together?

How are you planning to get there?

Walk ☐ Bus ☐ Train ☐ Cycle ☐ Car ☐ Scoot ☐

Describe your journey in small steps...
(continue on a new sheet if you need more space)

JOURNEY PLANNER

It's important to plan the journey to your new school. Remember that the shortest route is not always the best route!



WEB WATCH

Go to Google maps and go on to streetview to work out your route.

- Go to 'Directions'. Does it give you the best route or do you know a better one?
- Now click on the little yellow man and place him at the start of your route.
- Follow the route (or part of it) and see if you can spot the following:

How many roads will you cross? Name them:

Any hazards you can see - how will you stay safe?

ROUTE STATS

Can you see any of these on your route? Count how many and write it in the boxes.



Pedestrian crossings ☐



Cycle Paths ☐



Bus Stops ☐



Junctions ☐



Road signs ☐

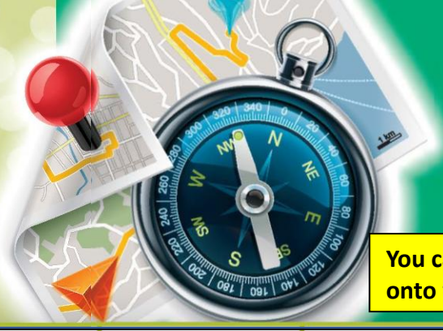
MARK AS MANY AS YOU CAN ON THE NEXT PAGE

In the box below, insert a picture of or draw one of the road signs you saw on your route. Explain what it means.

WAY 2 GO! Challenge!

- Work out your journey home. How long would it take if you walked, cycled, caught the bus or were driven? Which is healthiest or best for the environment?
- Work out a way to travel around the world stopping in as many capital cities as possible using Google maps!

FROM A-B...



MAP YOUR ROUTE

Now draw your route to school. You can either copy it from your Google map or see if you can draw it from memory.

You can print these pages and draw on your map, or save the map onto your computer and copy and paste it into the box below

CONFIDENTIAL TOP SECRET CONFIDENTIAL

KEY



Match the keys you can see above to each one of the names below.

Some are missing and you will need to design your own.

Write a map reference next to each one of the landmarks.

Bus stop / station

Train Station

Train Line

Pedestrian Crossing

Path

Shop

Friend's house

Factory

Park

Road

10 9 8 7 6 5 4 3 2 1

A B C D E F G H I J

WHAT'S next?



QUESTIONS FROM YEAR 6 KIDS...

Moving to your new school is an exciting time! Take a look at Sophie's feelings as she thinks about starting secondary school...

I'm moving to secondary school this September. I'm worried!



I can't wait to get started but I've got a lot to think about so I'm a bit worried too! School is about three miles away so I'm probably going to walk part of the way and then catch the bus. I need to make sure I'm not late. I've always been taken in the car before...

What would you say to Sophie to put her mind at ease? You can discuss together the best advice to give her...

WAY 2 GO! Challenge!

Design your own website giving advice to new year 7 kids.

You can tell them about travelling to school or any of the other topics mentioned on the tabs along the top of the page.

Ask the Expert!

Give your own travel advice to these year 6 kids - if you don't know the answers then find out! Draw your own pic next to your answers!



Hi, I'm going to Year 7 in September but my dad is still insisting he takes me in the car - how embarrassing! What can I do?



I would love to ride my bike to school but it has a puncture and nobody at home knows how to fix it...



I'm not sure about walking on my own. What if I get lost?



My school is miles away! I don't want to be driven there all the time but I don't know what else to do.

FACT FINDING MISSION!



- Design a questionnaire to gather information from your class about starting in year 7.
- Decide what information you want to show.
- You could show how they plan to travel to school or which schools they are going to.
- Create your own graph or pie chart once you have completed your research.
- Can you use the information you collect to help plan **your** journey?



HOW TO LOOK AFTER YOURSELF AND ALL YOUR STUFF!

SAFE AND

Starting out

When you start at secondary school, there's lots of new things to think about!

Perhaps you already walk to your primary school or maybe you get dropped off. If you're making your own way to your new school you've got to work out the best and safest route.

Phones

Your phone can be a great help on your journey! You can store emergency numbers in it and even download apps to tell you what time your train or bus is due to arrive.



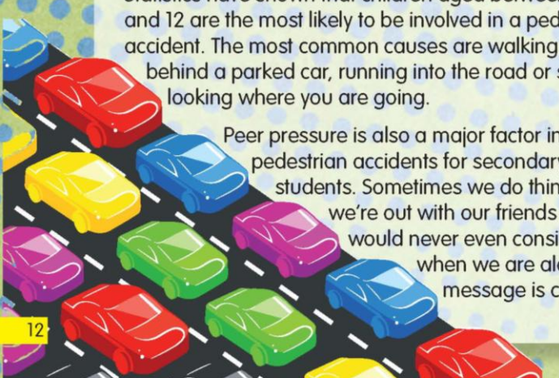
- Always make sure you charge it at the start of the day and keep credit on it.
- Be careful to keep it safe. Don't show it off where everyone can see it! Phones can easily get stolen.
- Never text when you're crossing the road.
- If you're listening to music through your headphones, you won't be able to hear the traffic that's coming your way!



- You might also want to put the "ICE" number in your phone which stands for 'In Case of Emergency'. This is the number someone else could ring if you were in trouble or had lost your phone.

Danger on the roads

Statistics have shown that children aged between 10 and 12 are the most likely to be involved in a pedestrian accident. The most common causes are walking out from behind a parked car, running into the road or simply not looking where you are going.



Peer pressure is also a major factor in pedestrian accidents for secondary school students. Sometimes we do things when we're out with our friends that we would never even consider doing when we are alone. The message is clear - don't follow the crowd! If you're in a group, it's still **your** responsibility to look out for traffic and keep yourself safe! The worst time for road accidents is between 3 and 6pm.

Take the safest route

Plan your best route beforehand. Remember that the shortest route isn't always the best! Look for the safest roads to cross and don't go anywhere you don't feel safe, such as secluded paths or quiet subways. Always choose well-used, well-lit routes and have an action plan in place in case you get lost.

Taking the bus or train?

If you're catching the bus or train, make sure that you know where to catch it and what time it will arrive at your stop.

If you see someone acting in an anti-social way on the bus or train, don't tackle the issue yourself, tell an adult. Alternatively, report it once you are off the bus or train. When you get on the bus, try to sit on the lower deck near the driver/exit.

Safe cycles!

- If you ride to school, make sure you have a bike lock and always use it!
- Contact your local police to have your bicycle marked with a unique identification mark and be registered on a national database.
- Get yourself some cycle training. Ask a teacher if your school can organise a course.
- Protect your head, wear a helmet!



101

In an emergency, call 999 to contact the police. If it's less urgent, 101 is the number to ring for your local police. 101 is available 24 hours a day, 7 days a week.

Carefully read 'SAFE & SOUND' and then answer the following questions:

1. Are these sentences true or false? Write T or F after each one:

Children under the age of 10 are the most likely to be involved in a road accident ☐

You should always try to sit on the lower deck near the driver/exit on the bus ☐

You should always plan your route beforehand ☐

2. What are some of the advantages and disadvantages of mobile phones?

3. What are the most common causes for child pedestrian road accidents?

4. Name some of the hazards you should avoid when you are planning your safest route to school. Why could they be dangerous?

5. Why might you put the word "ICE" in your phone?

WAY 2 GO! Challenge!

Design a leaflet to tell new starters at secondary school how to stay safe on their new journey to school.

SOUND

JUST LEAVING?

BUS TRAVEL



Bus checklist

Things to think about...



Where are you going?

You must always let your parents know where you're going and when you will be back. ☐



Tickets

Do you know which ticket to ask for? ☐



Money

How much will you need? ☐

Will you need change? ☐

Do you have some for an emergency? ☐



Bus times

Do you know what time the bus leaves? ☐

Do you know how long the journey will take? ☐



Time to leave home

Do you know what time to leave home to catch your bus? ☐

Do you know how far the bus stop is from your house? ☐





Bus stop

Do you know what bus number you will need? ☐

Do you know where your stop is? ☐

Timetable and information boards

Do you know how to work out the time of your bus from them? ☐



1. Find a website that gives information about bus times in your area.

2. If you wanted to go to the nearest town, what number bus would you catch and how long would it take?

STORY teller

WRITE HERE what you think happened on Jack's journey!



When you travel on a bus you've got to be prepared for your journey!

Jack lives three miles away from his new school. His Mum said she could drop him off on the way to work but he would prefer to go by bus with his mates.

Take a look at the items below and write the story of what happened to Jack on his journey to school!





Meet Jayden + Luke at 8.30 at park gates









WAY 2 GO! Challenge!

Design your own pocket-sized checklist to keep you safe when you're travelling on the bus.



ON THE RIGHT track



Train Travel

Getting the train can be a great way to travel! You don't get stuck in traffic and it's far better for the environment.

If you travel by train you need to be ready on time, sort out your tickets and know what to do if the train's late or cancelled.

Take a look at all the following facts about Lexi's journey and put them into the correct order by putting a number next to each one. The first one has been done for you.

- Lexi gets up at 6.45am. **1**
- Lexi queues at the ticket office for 5 minutes for a ticket. ☐
- Lexi arrives at school at 8.36am. ☐
- They get off the train for school at Irwell Station. ☐
- Lexi meets her friend Joe on the train. ☐
- Lexi goes through her checklist making sure she remembers her money for a ticket, mobile phone and all her school books. ☐
- She buys a return train ticket for £1.80. ☐
- She walks to the nearest station which is Birch Street Station. It takes her ten minutes. ☐
- Lexi and Joe walk seven minutes from the train station to school. ☐

Train Journey!

Station

Now use the information you have found out about Lexi and read the timetable below to answer the questions about her train journey to school.

Birch Street	dep	07:02	07:32	08:02	08:32
Rosegrove	dep	07:08	07:38	08:08	08:38
Nealdon	dep	07:16	07:46	08:16	08:46
Irwell	dep	07:23	07:53	08:29	08:59
Dugdale	arr	07:31	08:00	08:36	09:12
Dugdale	dep	15:15	15:45	16:15	16:45
Irwell	dep	15:23	15:53	16:23	16:53
Nealdon	dep	15:30	16:00	16:30	17:00
Rosegrove	dep	15:38	16:08	16:38	17:08
Birch Street	arr	15:44	16:14	16:44	17:14

1. School starts at 9am. Which train should Lexi catch to make sure she is there with time to spare? ☐

2. What time should she leave the house in the morning? ☐

3. If her friend Joe gets on the train at Nealdon how long will they spend together on the train? ☐

4. If school finishes at 3.30pm what time will Lexi arrive home? ☐

DANGER

Railways are a great way to travel but you need to keep yourself safe too:

- Never mess about near train tracks.
- Never cross the tracks to get to other platforms – follow the signs in the station.
- Watch out for the gap between the train and the platform when you get on and off the train.

WAY 2 GO! Challenge!

Go to www.nationalrail.co.uk and calculate how to get from your house to Wembley Stadium in London.

ON 2 WHEELS

CYCLING

Cycling is good for you and great for the environment – and it's about four times quicker than walking!

Before you start your new school find out...

Where am I able to park my bike? Do I need to bring my own lock? Is there somewhere to store my helmet? How about somewhere to hang up wet waterproofs? How much stuff am I likely to be carrying to school with me each day? Is there any cycle training available? How about a cycling club?

SEE AND BE SEEN

Whenever you go out on a bike make sure that you can see other road users and they can see you!

Name 3 things you can do to make sure that drivers can see you...

GET in GEAR

Take a look at the following pictures. Write what each one is and why it is important for cyclists.










Walking and cycling are just two great ways to keep fit. Fill in this questionnaire to have a think about your fitness!

HOW FIT ARE YOU?



TICK ONE BOX FOR EACH QUESTION

1 Ok - first things first! How many times do you walk to school in a week?

a. 3-5 ☐ b. 1-2 ☐ c. Never ☐

2 How much exercise do you do in a week? Include anything you can think of!

a. Bring it on! Five or more sessions is great for me! ☐

b. Steady on! 2-4 sessions a week is plenty! ☐

c. As little as possible! About once a week at most - but only if I really have to! ☐

3 How many hours a week do you spend on your laptop, phone or TV?

a. Now let me think - up to 10 hours - hey I'm far too busy to be sitting around all the time! ☐

b. I'm about average I'd say - about 10-20 hours a week! That'll give me plenty of online time! ☐

c. Honestly?! - I spend all my time staring at a screen! Move me off my phone and I'm on the laptop and when I've had enough of that, I'm watching TV! ☐

What this says about you!

1.

a. Great! Walking is a cool way to keep fit and make you more alert for school!

b. Not bad! At least you're doing something - but hey there's always room for improvement! (as all the best teachers say!).

c. Ok. Maybe you live too far to walk all the way - perhaps when you are getting near school you could say "Excuse me driver - could I get out here and walk the rest of the way?!"

2.

a. Way to go! Now that's what I like to see! Lots of action!...just keep on moving!

b. Not bad! Perhaps you should look to see if you can try a new sport or activity - it might be just the one for you! Or perhaps get out on your bike more?

c. Perhaps you don't like rugby, rounders or running - but there's loads more ways to keep fit. Just find something that suits you!

3.

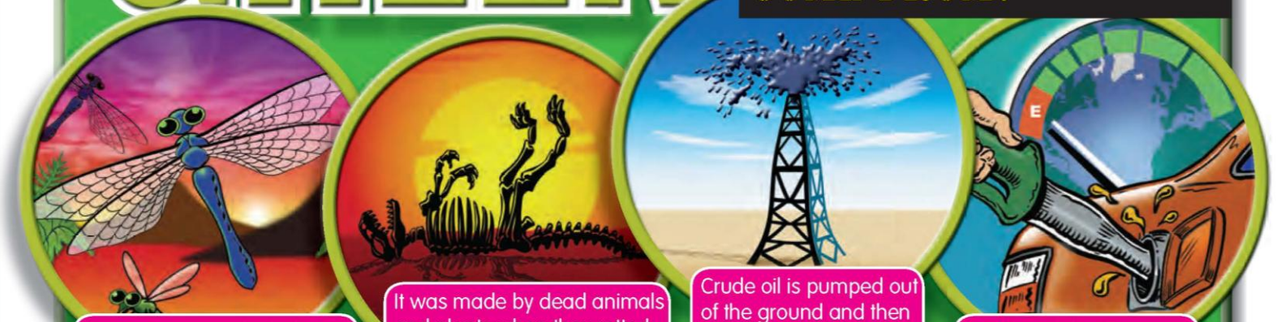
a. Good stuff! Keep up the good work - have a gold medal!

b. Well that's not too bad but why not set yourself a target to spend less time staring at screens and more time doing something more active? That way you'll enjoy your phone time even more too!

c. Oh no! Hey I like spending time on the phone as much as the next guy - but you need exercise! It will give you more energy, clear out your brain and make you feel SO GOOD!!!

GREEN TRAVELLING

WHERE DOES PETROL COME FROM?



Cars run on petrol which comes from oil. This was formed millions of years ago.

It was made by dead animals and plants when they rotted away over millions of years.

Crude oil is pumped out of the ground and then changed into petrol. This is called refining.

Petrol can't last forever. We must use other forms of energy.

WAY 2 GO! challenge!

THE ULTIMATE CHALLENGE!
WHAT'S YOUR CARBON FOOTPRINT?

Visit www.room9media.com/ALS and go to "Carbon footprints"

What is our carbon footprint?

Explain some of the ways we produce carbon:

- Travelling to school
- Food
- Heating
- Phones and Computers

What can you do to reduce your carbon footprint?

WAY 2 GO! challenge! Design a poster to persuade people to reduce their carbon footprint!

GREEN QUIZ

WAY 2 GO! Challenge!

Write an article for the school newsletter to encourage others to walk to school, travel to school by bike or to help save the environment!

GREEN TRAVELLING TWEET

Compose your own GREEN tweet!

If you went on the website Twitter you'd see that you are only allowed 140 letters and spaces to write your message. See if you can write your own message to tell people to travel in a way which is good for the environment in the 140 spaces below. Can you fill up the amount of spaces exactly?

ENVIRO WORDSEARCH

See if you can find all the words about the environment below. Do you know what they all mean?

W	I	N	D	P	O	W	E	R	Y
I	J	A	G	O	S	A	V	E	G
L	H	T	R	A	E	V	H	D	R
D	R	U	E	N	O	E	D	U	E
L	A	R	E	O	R	P	R	C	N
I	L	E	N	B	E	O	I	E	E
F	O	I	G	R	U	W	A	L	K
E	S	E	H	A	S	E	S	O	I
E	L	C	Y	C	E	R	S	U	B
N	N	O	I	T	U	L	L	O	P

Air
Earth
Pollution
Solar
Bike
Eco
Recycle
Walk
Bus
Energy
Reduce
Wavepower
Carbon
Green
Reuse
Wildlife
Hill
Nature
Save
Windpower



BE A GREEN HERO

Think of 3 things you can do to help the environment!

Perhaps this might be walking somewhere as a family rather than going in the car, recycling something rather than throwing it away or even feeding the birds!

When you have done them give yourself a Green HERO award!

1 2 3

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