

Ideas for including safe walking and cycling in the curriculum

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This Quick Guide sets out ideas for including safe walking and cycling in the curriculum at your school. The information here is split into different Key Stages, where appropriate.

Here are some general ideas, applicable across all Key Stages (which can be amended to be more relevant) about including safe walking and cycling in the classroom or promoting safe walking and cycling to the wider school community. All of these ideas are applicable at any Key Stage and can be amended to work best with the relevant Key Stage you are working with.

- **Educate pupils or students about traffic safety rules:** Teach students about traffic signals, road signs, and the importance of wearing helmets when cycling. You can also talk about the importance of being visible to drivers, especially when walking or cycling at night.
- **Encourage pupils or students to walk or cycle to school:** Teach them about the benefits of active travel, such as increased physical activity and reduced air pollution.
- **Organise a walk or cycle to school event:** You can organise a walk or cycle to school event to encourage pupils or students to travel actively to school. This can be an excellent opportunity for students to learn about safe routes to school and the importance of following traffic rules.
- **Engage with parents:** Involve parents in your efforts to promote active travel by organising informational meetings or sending home newsletters with tips encouraging their children to walk or cycle to school. You can also encourage parents to walk or cycle with their children to school.
- **Use interactive activities and games:** Use interactive activities and games, such as role-playing or scavenger hunts, to teach pupils or students about safe walking and cycling. This can be a fun and engaging way to learn about traffic safety.

Early Years Foundation Stage and Key Stage 1

You can use the following ideas in the classroom to promote safe walking and cycling for children aged 3 to 7.

1. **Role-playing:** Children can act out different scenarios involving walking and cycling, such as crossing the road safely or wearing a helmet.
2. **Drawing and colouring:** Children can create a picture or diagram illustrating the steps they should take to stay safe while walking or cycling.
3. **Flashcards:** Children can learn key safety messages by reading and discussing flashcards featuring illustrations and short phrases related to safe walking and cycling.
4. **Storytelling:** Children can listen to a story about a character who stays safe while walking or cycling, and then discuss what they learned from the story.

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5. **Games:** Children can play games that involve following rules and staying safe while walking or cycling, such as "Red Light, Green Light" or "Mother, May I?"
6. **Outdoor activities:** Children can practice safe walking and cycling skills in a controlled outdoor environment, such as a playground or a designated area for bike riding.
7. **Crafts:** Children can make a simple craft project related to safe walking and cycling, such as a paper helmet or a road safety sign.

Within Early Years Foundation Stage there is also an opportunity to discuss being safe while walking and cycling as part of the People Who Help Us topic, which is a part of the PSHE curriculum.

Key Stage 2

You can use the following ideas in the classroom to promote safe walking and cycling for children aged 7 to 11.

1. **Interactive presentations:** Children can use interactive tools, such as slideshows or videos, to learn about the rules of the road and how to stay safe while walking and cycling.
2. **Group discussions:** Children can engage in group discussions about real-life scenarios involving walking and cycling, and discuss how to handle these situations safely.
3. **Problem-solving activities:** Children can work in teams to devise solutions to walking and cycling safety challenges, such as developing a plan for safely crossing a busy road.
4. **Field trips:** Children can go on a field trip to a location where they can practise safe walking and cycling, such as a local bike path or a pedestrian crossing.
5. **Research projects:** Children can research a topic related to walking and cycling safety, such as the benefits of wearing a helmet or the importance of following traffic signals.
6. **Games and simulations:** Children can play interactive games or use simulations to practise safe walking and cycling skills, such as crossing a virtual road or navigating a virtual bike course.
7. **Guest speakers:** Children can listen to a guest speaker with expertise in walking and cycling safety, such as a local traffic officer or a cycling instructor.

Within Key Stage 2, children are likely to be receiving cycle training and may receive pedestrian training. When these take place, these are the perfect opportunity to reinforce safe active travel through additional activities. This is more important as children become more independent and move on to secondary school.

Key Stages 3 and 4

You can use the following ideas in the classroom to promote safe walking and cycling for children aged 11 to 16:

1. **Role-plays:** Children can act out different scenarios involving walking and cycling, such as dealing with aggressive drivers or navigating a busy intersection.
2. **Group debates:** Children can participate in a debate on a topic related to walking and cycling safety, such as the effectiveness of laws requiring helmet use.

accidents don't have to happen

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3. **Research projects:** Children can conduct independent research on a topic related to walking and cycling safety, such as the impact of infrastructure on cycling safety or the effectiveness of pedestrian education programs.
4. **Service learning projects:** Children can participate in a service learning project that focuses on improving walking and cycling safety in their community, such as creating a campaign to promote helmet use or lobbying for improved bike lanes.
5. **Games and simulations:** Children can play interactive games or use simulations to practise safe walking and cycling skills, such as navigating a virtual bike course or planning a safe route for a walk or bike ride.
6. **Outdoor adventures:** Children can participate in outdoor activities that involve walking and cycling, such as a nature hike or a bike tour, and practice safety skills along the way.
7. **Guest speakers:** Children can listen to a guest speaker with expertise in walking and cycling safety, such as a traffic engineer or a cycling advocate.