

Sam's Story

Lesson Plan
KS 2



This activity has been developed to support the 'Seat Belt On' campaign. 'Seat Belt On' is a high profile campaign aimed at increasing seat belt use. Seatbelt surveys carried out in Leeds in December 2008, showed that an average of **39%** of children were not wearing seatbelts on the journey to school.

Lesson Objectives

- ◆ To encourage pupils to use car safety seats / seatbelts.
- ◆ To encourage children to think about why car occupants should wear seatbelts, why they might not use seat belts, who should take responsibility for safety in the car and what they can do to be safer in the car.

Key Teaching Points

Pupils should be able to :

- ◆ Identify and evaluate important advice and instructions.
- ◆ Anticipate and identify potential outcomes in hazardous situations.
- ◆ Develop an awareness of taking responsibility for their safety .

Vocabulary

Child Car Seat, Booster Seat, Advice, Safe, Unsafe, Hazard, Accident

Learning Outcomes

Pupils should be able to:

- ◆ Explain why it is important to use car safety seats.
- ◆ Understand and discuss taking responsibility for their own safety.
- ◆ Recognise situations where it is important to follow instructions.

Timing of Lesson

40 mins - 1 hour

10-15 min

Introduce subject - road safety :

- ◆ **Ask pupils to put their hand up if they sometimes travel in the car without their seat belt on.** There are invariably children who admit to travelling without an appropriate restraint.

While few people admit to regularly travelling without a seat belt, research shows that 24 per cent of people admit they sometimes don't wear a seat belt when travelling in the back, and 10 per cent in the front. There is also evidence that people are less likely to use seat belts on short or familiar journeys or at low speeds. Nearly 300 lives would almost certainly have been saved in 2007 if all car occupants had been wearing a belt. Roughly, that's one life a day.

- ◆ **When data showed that lots of people were being killed and injured because they were not following advice to wear seatbelts, a law was made. This means that people have to wear seat belts.**

Discuss the difference between advice, rules and laws.

Who has to use a seatbelt ?

For your own and others' safety, the Law requires vehicle drivers and passengers to use a seat belt, and for children to use a suitable child restraint. The law says that **children under 12 years** must be seated in a suitable child safety seat or booster cushion when travelling in a car, unless they are **135cm** tall or over.

Supplementary information :

Age range (approx.)	Weight / Height	Child restraint type
Birth to 9-12mths	Up to 13kgs	Baby / Infant Carrier
9mths to 4 years	9kgs to 18kgs	Child Seat
4 years to 11 years	15kgs upwards	Booster Seat
6 years to 11 years	From 22kgs	Booster Cushion
Over 12 years	135 cm or above	Adult Seat Belt

	<p>Activity - Sam's Story : The activity sheet tells the story of Sam, who sets off on a journey in the car and doesn't use his car seat.</p> <p>Pupils could be invited or selected to read aloud paragraphs in the section above and beside the picture.</p> <p>The paragraphs below the picture can be discussed in detail to evaluate actions and consequences, and establish safer behaviour.</p> <p>The activity sheet can be copied for pupils to complete individually, or completed as a class activity, or form the basis of a class discussion.</p> <p>Paragraph 1 : <i>Sam's Mum told him to sit down and put his seat belt on, but he ignored her and carried on kneeling at the back window watching his friends.</i></p> <p>What should Sam have done?</p> <ul style="list-style-type: none"> ◆ He should have done what his Mum told him to do. ◆ He should have been sitting in his car seat. ◆ His seat belt should have been buckled up. <p>Paragraph 2 : <i>As Sam's Mum starts to drive off, her phone rings in her bag on the seat next to her.</i></p> <p>What should Sam's Mum have done?</p> <ul style="list-style-type: none"> ◆ She should have made sure that Sam was buckled into his car seat before they set off. ◆ She should have turned her phone off before starting her journey. ◆ Did she reach for her bag, and because she looked towards the passenger seat, she wasn't watching what was happening on the road. <p>Paragraph 3 : <i>Suddenly the car brakes and Sam is thrown backwards against the front seats.</i></p> <p>What do you think has happened?</p> <ul style="list-style-type: none"> ◆ Did Mum not see a hazard (another car, a pedestrian, a dog) in front of the car because she was trying to get her phone? ◆ Did Mum have to brake quickly? ◆ Did the FORCE cause Sam to be thrown towards the front of the car because he wasn't restrained by his seat belt? <p><i>Ask children if they remember seeing the road safety advert on the television where the teenager in the back seat seriously injures his mum - when she has to brake suddenly, her son who is sitting behind her and not wearing a seat belt, is thrown forward and his head hits the back of his mum's head. If time allows FORCES can be further discussed.</i></p> <p>Pupils can complete the activity by suggesting how Sam's story could end :</p> <ul style="list-style-type: none"> ◆ Did they have an accident? ◆ Was Sam ok or did he get hurt? ◆ How did Sam and Mum feel? upset / angry / frightened / relieved. ◆ What lessons did Sam and his Mum learn?
<p>5-10 min</p>	<p>Plenary : reinforce the message that it is important that everybody in the car wears their seatbelt.</p> <p>Who is responsible for your safety ?</p> <p>Yourself – parents, teachers, police etc can help but you have the power to keep yourself safe by putting your seatbelt on and using your safety seat every time you get in the car.</p> <p>Local Police Officers and the Road Safety Team have asked for your help. They need you all to promise to keep yourself safe by always wearing your seatbelt and by using your safety seat when you have got one. You can help to keep other people safe by asking them to wear their seatbelt every time they get in the car.</p> <p>It only takes a moment to buckle up safely – it could save your life.</p>