



# Feet First Home Activity

## Information for Parents

### Introduction

Feet First is a Walking Training programme developed and delivered by Surrey County Council. The programme is delivered to children aged 7 to 8 years old (Year 3) in primary schools across Surrey. The training course will provide pupils with road safety skills to better enable them to safely walk to and from school with their parents and carers and prepare them for independent travel.

The Walking Training Programme will sit alongside the existing Bikeability program and consists of 4 different areas which compliment one another and continually reinforce the learning.

### Safer Steps

Safer Steps is an interactive online comic and is the first point of learning. It is made up of 6 different modules covering the spectrum of Key Stage 2 road safety and active travel.

#### Safer Steps Chapters

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| <ul style="list-style-type: none"><li>• <b>Always Think</b></li><li>• <b>Staying Visible</b></li><li>• <b>Green Cross Code</b></li></ul> | <ul style="list-style-type: none"><li>• <b>The Safest Way</b></li><li>• <b>Crossing Types</b></li><li>• <b>Active Travel</b></li></ul> |
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### Classroom Learning

Following on from Safer Steps, there are three different lessons which will be taught in the classroom to expand on individuals' knowledge and apply critical thinking through peer discussion.

#### Classroom Lesson Topics

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| <ul style="list-style-type: none"><li>• <b>The Green Cross Code</b></li><li>• <b>Safe Places to Cross</b></li><li>• <b>Active Travel</b></li></ul> |
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# Walking Training

Practical Walking Training will be delivered in school recapping on some of the existing learning and putting knowledge into practice.

## Walking Training Learning Objectives

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| <ul style="list-style-type: none"><li>• <b>Hierarchy of priority for road users</b></li><li>• <b>Green Cross Code (STOP, LOOK, LISTEN, THINK)</b></li><li>• <b>Road signs &amp; street furniture</b></li><li>• <b>Understanding vehicles lights &amp; sounds (reversing, electric etc)</b></li><li>• <b>Types of crossings</b></li><li>• <b>Know the safest position to adopt when walking on the pavement</b></li><li>• <b>Driveways</b></li></ul> | <ul style="list-style-type: none"><li>• <b>Identify safe and unsafe places to cross the road</b></li><li>• <b>How to cross the road safely</b></li><li>• <b>Crossing between parked cars</b></li><li>• <b>Dealing with wave through, driver flashing lights</b></li><li>• <b>Dealing with distractions &amp; rushing (mobile phone, earphones and music)</b></li><li>• <b>Discuss the benefits of active travel (physical and environmental)</b></li></ul> |
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## Key Information for Parents

It is useful for pupils to continue practicing what they have learned. The home activity sheet can start this process, and we have included some key information points below to help you further their learning.

### The Green Cross Code

- Using the steps of the Green Cross Code in the correct order.
- Identify the Road, Pavement and Kerb and the safest place to walk and stand.

### Choosing where to cross

- Finding a controlled crossing such as a zebra or a pelican crossing where available or nearby.
- Choosing a place with clear visibility of all roads around them and in a place where they can clearly be seen by drivers.
- Taking extra care when crossing driveways or entrances/exits for any moving vehicles.
- Spending as little time in the road when crossing by picking the most direct route across.

### Observation

- Making sure to spot any moving vehicles and understand that they may not always stop when they're supposed to.
- Understanding road signs and what information they are providing.
- What the different lights on a car means and if it is indicating or reversing.

# Crossing for Yourself

Now it's your turn. Go for a walk with a grown-up on a nice quiet road and tell them what you need to do to stay safe at all times. Then you can try a busier road.

Activity

Name of Road:

Time:

Date:



**Stop:** Stop just before you get to the kerb.  
Why should you stop before crossing the road?

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**Look** all around for traffic:

Did you see any vehicles?

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Were they near or far?

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Were they travelling fast or slow?

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**Listen!** What sounds did you hear?

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Which vehicle made the most noise?

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**Think:** Is this the safest place to cross.  
Can you explain why it was safe?

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When safe to go straight across the road:

Was it safe to cross? YES NO

Why was it safe to cross and what did you do?

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Notes for helper:

Help your child to learn the meaning of 'Stop | Look | Listen | Think '

Relate to various road conditions. Let your child guide you across the road.

Remember to keep looking and listening.



# The Safest Way

Knowing the safest way to cross the road you also have to understand that the more time spent in the road, the more dangerous it is for you.

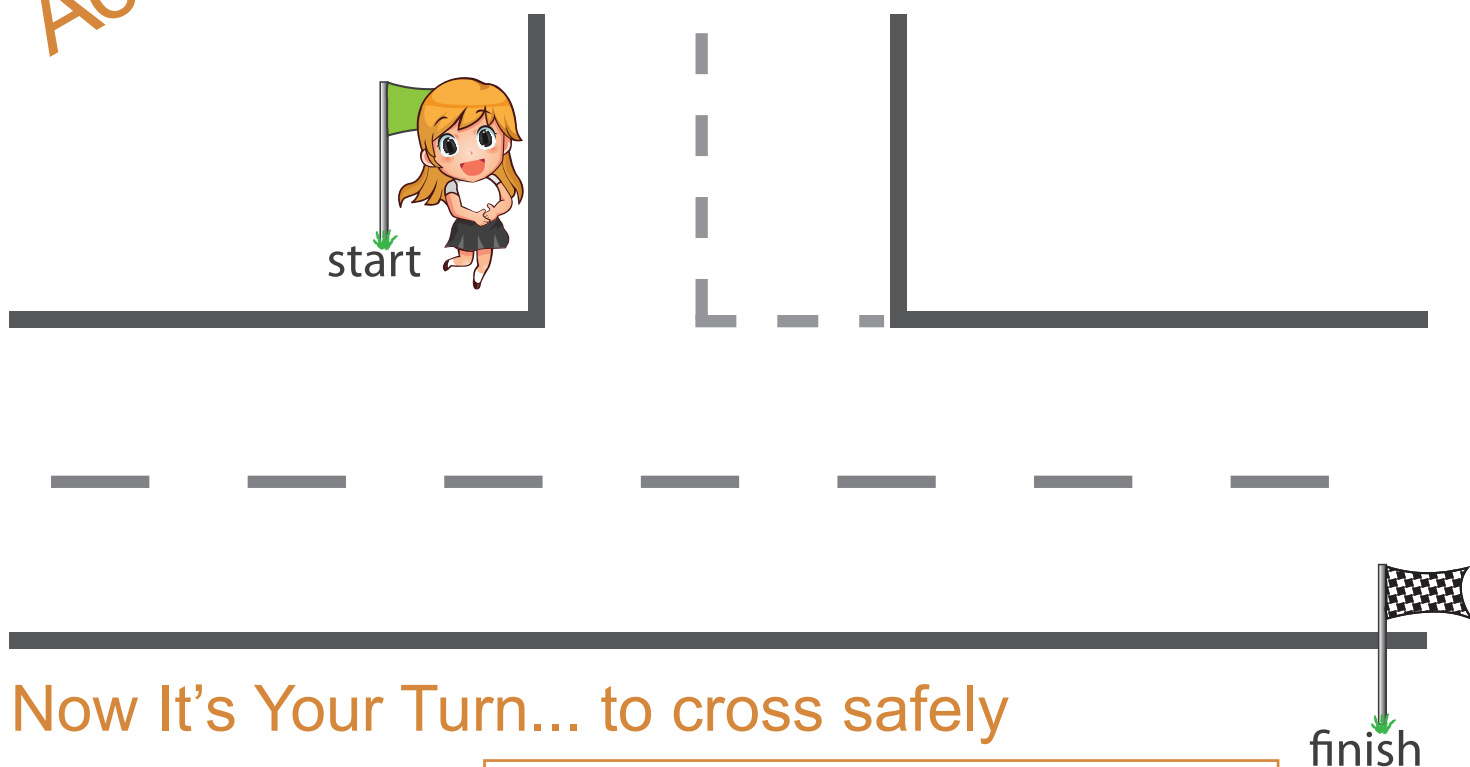
## Millie's Top Tips



Look at the road and where you want to go  
Before you start to cross Think!  
Which way is best so that I spend less time in the road?  
Only cross when you have thought about the safest way.  
**Remember less time in the road is safer for you**

Millie needs to get to the flag on the other side of the road.  
Draw a line showing the best way for her to cross the road.

Activity



Now It's Your Turn... to cross safely

Name of Road:

Time:

Date:



Notes for helper:

Remind your child that straightest way to their destination is not necessarily the safest way.

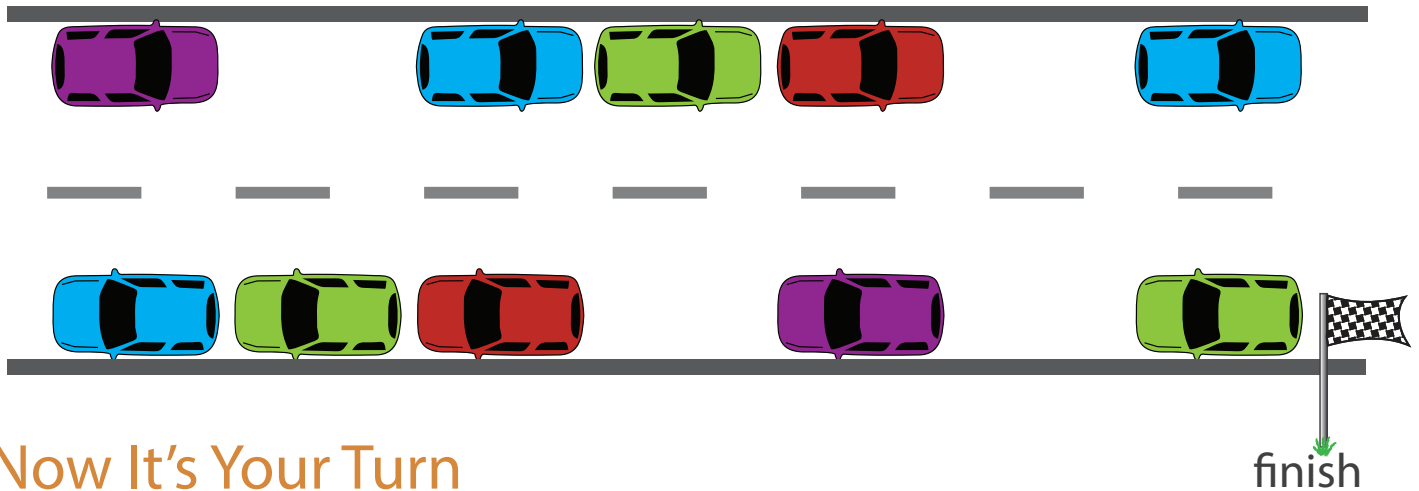
# Around Parked Cars

Sometimes a road is very busy with many parked cars but no safe places to help you cross so what could you do?



*Jack needs to cross this very busy road with lots of parked cars on it. Can you help him to find the safest place to cross?*

Activity



## Now It's Your Turn

Name of Road:

Time:  Date:



Choose a space between two parked cars. Use the clues below to check they are not going to move.

- Are the lights on?
- Can you hear the engine?
- Can you see/smell any exhaust fumes?
- Is there a driver in the car?

Why is it not safe to cross near a van, lorry or bus?

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When you are sure both cars are NOT going to move, walk carefully between them but only as far as their outside edge.

**Stop!** Carefully look around the sides of the car for traffic.

**Look** and **Listen** for traffic. Only when you are sure that that road is clear walk straight across. **Think** if it's safe to cross.

Keep looking and listening until you reach the pavement on the other side.

Notes for helper:

Remind your child only to cross between parked cars if there is no other alternative. This activity needs to be practised regularly under supervision.



# Zebra Crossings

**Stop** at the kerb.

**Look** and **listen** all around for traffic.

Watch approaching traffic and wait until ALL traffic stops on both sides of the zebra crossing. **Think** if it's safe to cross.



When you are sure ALL traffic has stopped, walk straight across the zebra crossing, looking and listening at all times.

Why might traffic not stop at the zebra crossing?

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Why should you keep looking and listening?

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## Now It's Your Turn... to use a zebra

Name of Road:

Time:  Date:



Notes for helper:

It is important for your child to experience the correct use of safer places to cross. Take your child to find a zebra crossing: wait for traffic to stop before crossing the road.

# Pelicans and Puffins

A pelican crossing has a green man and a red man which can be seen on the opposite side of the road from where you start to cross.

## Jack's 'How to...'

How to use a Pelican Crossing

Think first and Stop at the kerb

Press the button and wait

Watch the man change from red to green

- The Red man means stop
- The Green man means you can cross, but only if its safe

Wait for the traffic to stop

Cross the road keep looking and listening

If the Green Man is flashing, do not start to cross



Jack

What should you do if you have started crossing the road and the green man starts flashing?



WAIT

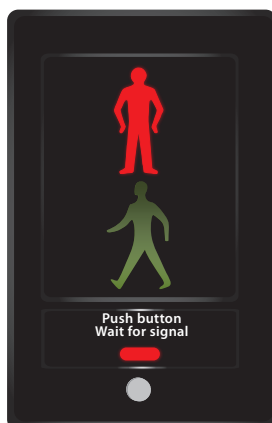


Activity

Can you remember what goes where?

Draw lines to show where each of the pictures fits on the unit.

## Puffin Crossings



Puffin crossings look different. Normally you will only see the red and green man on the post by the side of the road you are crossing. There is no flashing green man at a puffin crossing.

### Make Sure

You still wait for the Green Man and do not start to cross until the traffic has stopped.



# Pedestrian Islands

A pedestrian island is a special place built into the middle of a road where people can cross the road in two stages, using the island to wait safely in the middle.

## Jiya's Top Tips



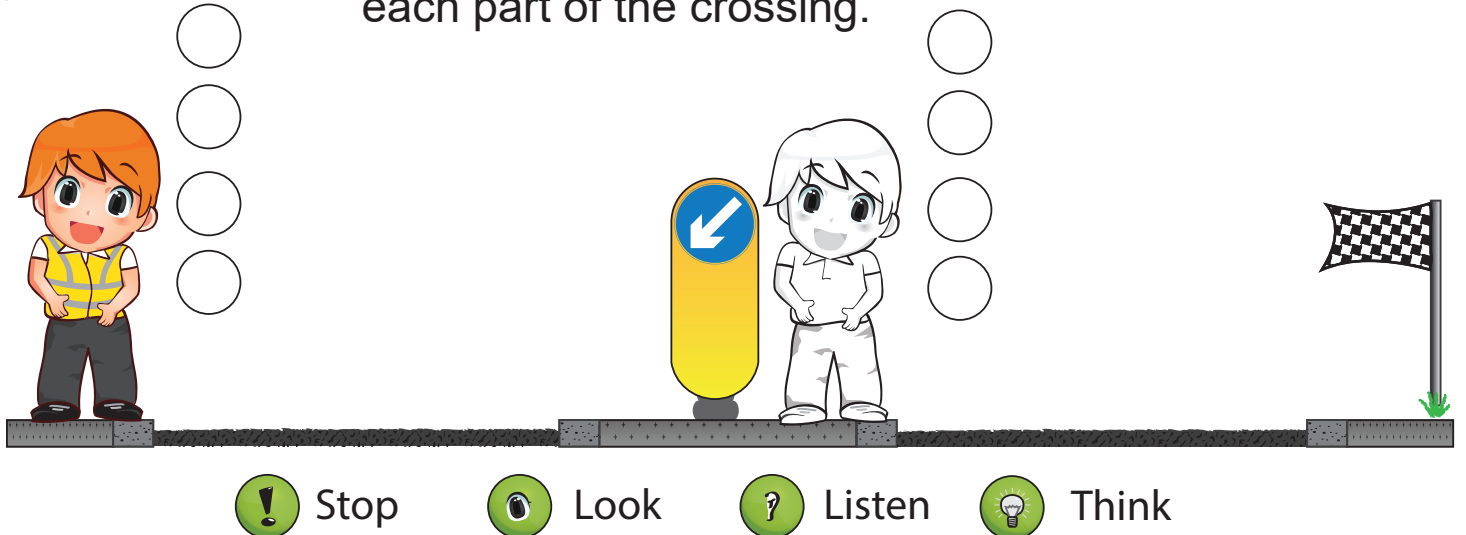
You need to use the Green Cross Code twice!

- Once from the kerb to the pedestrian island
- And again to get from the island to the other kerb

**REMEMBER:** You must STOP, stand still and wait on the pedestrian island until it is safe to cross the rest of the road. Vehicles will be passing close to you both in front and behind so THINK carefully.

## Activity

To help Jack cross the road safely, draw pictures in each of the circles to show what he needs to do on each part of the crossing.



## Now It's Your Turn... to use a traffic island

Time:

Date:

Notes for helper:

Remind your child to use the Green Cross Code. Explain that they should STOP on the island and use the Green Cross Code again

