



# 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.