

KS2



child accident
prevention trust



SUBJECT Safety out and about

Learning objective	<p>Designed for teachers and those working with children aged 7-11, this lesson plan encourages children to think about being Safety Heroes by identifying potential safety hazards in their everyday lives and exploring ways in which they can minimise these risks and avoid serious accidents. Key learning objectives:</p> <ul style="list-style-type: none">• To enable children to think about and discuss safety issues that affect them, their families and friends.• To analyse and understand ways to minimise risks and stay safe by making safer choices.• To create promotional materials to encourage safety in young people.
Activity	<p>This activity is in two parts: a group discussion and individual work</p> <p>1. Discussion activity</p> <p>The discussion activity can be a whole class activity or can be carried out in pairs or small groups.</p> <ul style="list-style-type: none">• Write the headings 'Safe' and 'Unsafe' in two columns on the board. If working in pairs or groups, ask the children to note down their thoughts on a piece of paper. They can then feedback to the teacher as a group.• Ask the children to identify 'safe' and 'unsafe' places to play outside and explain their thinking.

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Activity (continued)	<p>For example:</p> <p>Safe place to play: - sports centre Why: - supervised activity</p> <p>Unsafe place to play: - railway Why: - fast trains can kill you - electric lines can electrocute you</p> <p>List up to 10 points in the 2 columns.</p> <p>2. Individual activity</p> <p>Ask the children to be Safety Heroes and design a 'Safe Play' advice booklet for younger children with tips on outside safe play areas. Encourage children to include simple pictures that illustrate their messages.</p>
Extra activities	<ul style="list-style-type: none"> • Ask the children to list the skills that they could develop to make their own lives safer, e.g. learning to swim, obtaining first-aid training, doing a cycle training course and/or learning to read maps. • Ask the children to think about the skills needed to be, e.g. a fire officer who needs to be able to drive safely, climb ladders and read maps.
Plenary	<p>Each child to complete a Safety Hero certificate and pledge one or more safety actions to make their own life or that of younger children safer when out and about.</p>
Success criteria	<p>Children can identify safe and unsafe places to play and the reasons why.</p>
ICT and other resources	<p>Safety Hero Certificates printed out for each child to complete at the end of the session.</p>

BE A
SAFETY HERO



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prevention trust

This is to certify that

has pledged to
complete the following:

to become an official
**Child Safety Week
Safety Hero**

Signed:

Katrina Phillips, Chief Executive
Child Accident Prevention Trust

KS2 Teacher Tips

Lesson Plan: Safety out and about

Children's abilities

7-11 year olds can understand a lot about what is safe and unsafe. But they may not always apply what they know and can misjudge situations. They are also likely to be testing their own physical abilities as they become more independent.

Falls scene

Falls are one of the most common serious accidents for this age group. Children begin pushing physical boundaries and may face peer pressure to take more risks, which means more chances of bad falls from a height.

- Encourage children to think about safety when they're out playing.
- Help children to identify safe but fun places to play.
- Explain the dangers of playing in unsafe areas like building sites.

Pedestrian safety

Even if they obey every rule about crossing the road, 7-11 year olds still find it hard to judge the speed and distance of traffic as accurately as an adult. Generally children under 9 need an adult with them when crossing the road.

- Use opportunities to teach children the Green Cross Code.
- Give children opportunities to practice crossing the road safely using role play.
- Contact your road safety team to see if they give talks in schools or run a practical pedestrian training scheme.

Cycle safety

Children vary in how well they can control a bike and understand road safety. They can struggle to judge speed and distance accurately. This means they are unlikely to be able to cycle safely in traffic without supervision until they are about 11 years old.

- Encourage children to wear a cycle helmet every time they ride their bike. Many cycling accidents happen off-road and cycle helmets protect against head injuries.
- Find out if there is a local cycle training scheme for example via Bikeability.

Water safety

While most children this age have started to learn to swim, being able to swim is no guarantee of safety in water. This is particularly true for children under 8 and when swimming in the sea, rivers, canals and gravel pits.

- Explain that the safest place to swim is a public swimming pool where there are trained lifeguards.
- Help children understand the risks of swimming in open water unsupervised, for example, underwater debris, sudden changes in depth or low water temperatures.
- Help children learn about beach safety – see www.rnli.org.uk for information.

KS2 Teacher Tips (Continued)

Lesson Plan: Safety out and about

More information

- Download the Child Safety Week ideas booklet for safety facts, tips and activity ideas:
www.childsafetyweek.org.uk
- Visit the Child Accident Prevention Trust's website for more safety advice and information:
www.capt.org.uk/safety-advice
- Visit Think Education to download the Department for Transport's road safety information and resources for early years and primary school age children:
<http://think.direct.gov.uk/education/early-years-and-primary/>
- CAPT's Accidents and child development guide explains the serious accidents that happen at different stages of a child's development, the practical steps recommended to prevent them, plus simple safety tips. Visit CAPT's online shop:
www.capt.org.uk/shop/accidents-and-child-development

