

# Journey into Year 7

## Moving On.

Transition from primary to secondary school is one of the biggest steps a pupil will take in their school life and how they choose to travel to their new school needs careful consideration and planning.

### Using a change of school to promote positive travel habits

School transition programmes help primary pupils to prepare for their move to secondary school. It is important that transition is a safe, happy and an exciting time with pupils being given the opportunity to fully explore and discuss their travel options.

### Transition Activities

Travel planning activities can easily integrate into national curriculum planning as part of the Year 6 Personal, Social and Health programme of study as well as contributing towards Citizenship development. This lends itself towards:

- Developing confidence and responsibility and making the most of abilities.
- Preparing to play an active role as a responsible citizen.
- Developing a healthy lifestyle.
- Developing good relationships and respecting the differences between people.

### Ideas to help Year 6 pupils with their transition to secondary school:

- Make a link between primary schools and the Transition Coordinator at the secondary school - organise activities that promote active travel.
- Get pupils to think about what information they need to plan a new journey and explain how they find this information.
- Discuss with pupils what active and healthy travel choices are – walking, cycling, travel by public service bus, dedicated school bus and car sharing.
- Carry out a 'Hands Up' survey of how pupils intend to travel to their new school. Ask pupils if they think their choice is a sustainable and healthy one. If their choice is not sustainable help those pupils to investigate other alternatives, there may be a bus, for example, that the pupil did not know about.
- Discuss and determine walking routes which a pupil could take.
- Consider whether it is possible to cycle and which route would be the best.
- Find out about cycle parking provision at the new school, shower and locker facilities.
- Find out about public transport services, bus fares, service numbers, route and timetable information.
- Find out information about concessionary bus fares and school buses.
- Explore the possibility of car-sharing with other pupils from your class.
- Use a large scale map of the local area around the secondary school and discuss travelling distances from the school. Mark on your map zoned travelling distances of half a kilometre, one kilometre, two kilometres away from the secondary school and discuss the possibility of those living near to school walking or cycling.
- Allow pupils to map their routes and give a verbal explanation to their peers about their intended route and journey.



## Lesson idea

These activities could form part of a programme to support new entrants to your school, either during a Year 6 visit, or early in Year 7.

### Aim:

To learn how to recognise and manage risk and make safer choices about healthy lifestyles, different environments and travel.

### Learning Outcome:

To identify risk in situations and know how to minimise the risk.

To manage feelings towards risk.

To develop strategies to resist unwanted pressure.

### Resources

Journey into Year 7 Pupil Questionnaire ( Worksheet)

Journey into Year 7 Checklist and Action Plan (Worksheet)

### Time

2 sessions of approx. 40 mins to 1 hour or

1 session of 40 mins to 1 hour and preparation time at home

### Activities:

#### Starter

Write '**Road Safety**' on the board and ask students for their reaction.

Is it something they think about?

What attitudes do they think people their age have towards Road Safety?

Is it high on their list of things to think about?

Which of these cause the most deaths of young people aged 11–16 each year?

Meningitis, Road incidents, Assaults including knife crime, Drowning, Cancer

Which age range is most likely to be killed, or seriously injured, in a road incident – all modes of transport?

Below 5 years old, 5–11 years old, 12–19 years old, 20–29 years old

Actually, road incidents are the biggest cause of accidental death in young people.

Young people aged 12–15 are more likely than any other age group to be killed or seriously injured as a pedestrian or cyclist.

## Introduction

- Explain that if students have a positive attitude towards road safety, there are actions that they can take to help keep them safer.
- Either in groups, or as a whole class, ask students to list the types of journey that they make. Which journeys are made with adults and which are independent journeys (made on their own or with friends)?
- Ask students how often they actively plan their journey before setting out. What factors do they take into account? (Time available, weather, safety etc.) Do they consider the safest way to complete their journey or do they just make these decisions as they go along?

The following activities are designed to help pupils prepare for their move to secondary school. It is an opportunity to fully explore and discuss their travel options ensuring a safe and happy journey.

### Route planning checklist

- Ask the class to work with a partner and tell their partners three things they are looking forward to about their new school.
- Ask them to talk about three things they are anxious or unsure about. Compare suggestions in the whole group.
- Hand out the Journey into Year 7 Pupil Questionnaire and ask pupils to complete the form. This can be done as a classroom activity or individually at home and then returned to school for further discussion.

Explain that big changes in our lives usually involve both positive anticipation and some anxiety. Emphasise that the children have coped with several big changes in their lives already – starting school/changing classes. They have already developed confidence in coping with these changes. Can they remember their first day at this school? Ask for suggestions of things that caused anxiety then. Emphasise how they developed the confidence to cope.

One way to gain confidence about a big change is to find out as much as possible in advance and to prepare for it. For this reason we are going to plan ways to find out about our new routes to school.

Explain that we are going to make a check-list of things we need to know and an action plan of how to find them out and practice and prepare for them.

- Working in pairs, talk to each other about what you know already about your new journey. Tell each other any worries you have.
- Use the worksheet to identify the things we need to find out. Hand out copies of the sheet Journey into Year 7 Checklist to be completed. Help each other identify sources of information. Ask each pair to join up with another pair and compare action plans, making amendments if appropriate.
- Share your check-list with each other.

As a whole class, share suggestions from the check-lists, emphasising safety features, and allow children to amend their check-list as appropriate.

Explain that we are going to make an action plan to make sure that we find out the information on our check-lists. Working in pairs, use the worksheet.

With the whole class, reinforce the message that this kind of preparation enhances confidence. Outline the time-scale for completing the action plan, including opportunities such as receiving visitors from their new school and visiting their new school themselves. Set a review date for a further session to finalise and review this information.



When students have completed their check list, discuss the checklist and strategies that they have come up with as a class, sharing ideas. Remind them that even though their journey plan minimises risk, it does not mean that they no longer need to consider road safety. They still need to be alert and aware of the road users around them.

## Plenary

Ask students to write down:

- 3 facts they learnt about road safety
- 2 positive actions to counter dangerous attitudes/behaviour
- 1 thing they will do differently as a result of this lesson.

## Additional Activities

- Work in groups to design and develop promotional leaflets, maps and other resources for use by other Year 6 pupils to encourage walking and cycle.
- Prepare a presentation for the rest of school about active travel.
- Prepare questions to ask Year 7 pupils at your new Secondary School about their own travel experiences.