

## Road Safety Resources – Out of School Settings

### Unformed Youth Organisations – Beavers and Cubs

The Beaver Colony is the first and youngest section of the Scout Group. Beaver Scouts are boys and girls aged usually between **6 and 8 years** old.

The Cub Pack is the second section of the Scout Group following on from Beavers. Cub Scouts are boys and girls usually aged between **8 and 10 ½**.

#### Cub Scout badges and awards

There is a range of badges and awards available to young people in the Cub Scout Section. Two are relevant – The Road Safety Activity Badge and the Cub Cyclist Activity Badge.



#### Road Safety Activity Badge

Partner RAC has produced [activity sheets](#) to support the Cub Road Safety Activity Badge.

<https://members.scouts.org.uk/supportresources/4326/road-safety-activity-badge>

<http://fundraising.scouts.org.uk/rac>

#### Patrol visits from RAC and Horace

Scout groups can request a visit from an RAC patrol and mascot Horace providing help to deliver road safety workshops. See website for latest details.

This is what Cubs need to do to achieve the Road Safety Activity Badge:

1. Draw or take photos of 10 different traffic signs. Explain what they mean.
2. Show how to use the Green Cross Code.
3. Tell a leader why it's important to have different types of pedestrian crossing. Explain how to use them safely.
4. Show that you know how to behave safely as a car passenger

The table below includes the RAC's activity sheets relevant to the tasks needed to achieve the badge plus some further suggested resources and information (not exhaustive).

Task	Cub Leader Activity Sheets	Further Resources
Draw or take photos of traffic signs	Road Safety Signs: Night Smart Leader's Notes Night Smart Activity Sheet Highway Code and Traffic Signs	<a href="http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/">http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/</a>  Junior Highway Code pg. 24 – 27 Road signs and markings

		<a href="http://think.direct.gov.uk/education/early-years-and-primary/teachers/upper-primary/lesson-ideas/ready-to-ride/activity-4/">http://think.direct.gov.uk/education/early-years-and-primary/teachers/upper-primary/lesson-ideas/ready-to-ride/activity-4/</a>  (Road) Sign language activity/quiz sheet.
Show how you use the Green Cross Code	Green Cross Code: Cub Leader Sheet - Be Bright Be Seen Cub Leader Sheet - Stop That Car! Cub Leader Sheet - All Mapped Out	<a href="http://think.direct.gov.uk/education/early-years-and-primary/parents/7-to-11s/the-green-cross-code/">http://think.direct.gov.uk/education/early-years-and-primary/parents/7-to-11s/the-green-cross-code/</a>  Clear written description of the Green Cross Code.  <a href="http://think.direct.gov.uk/education/early-years-and-primary/docs/lower-primary/hls_theme2.pdf">http://think.direct.gov.uk/education/early-years-and-primary/docs/lower-primary/hls_theme2.pdf</a>  Stop, Look, Listen. A Home – Link activity sheet written for parents & carers. Includes a simple quiz.  <a href="http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1b_activity_2_walking_near_traffic.pdf">http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1b_activity_2_walking_near_traffic.pdf</a>  Green cross code word jumble game.
Tell Leader why it's important to have different type of pedestrian crossings	Pedestrian Crossings: Pedestrian Crossing Leaders Notes Pedestrian Crossing Activity Sheet	<a href="http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/">http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/</a>  Tales of the Road Junior Highway Code – see Walking chapter from pg. 4  <a href="http://think.direct.gov.uk/education/early-years-and-primary/parents/5-to-7s/teaching-your-child-to-cross-the-road-safely/">http://think.direct.gov.uk/education/early-years-and-primary/parents/5-to-7s/teaching-your-child-to-cross-the-road-safely/</a>  Includes images of safer places to cross.  <a href="http://www.roadwise.co.uk/schools/using-the-road/green-cross-code/">http://www.roadwise.co.uk/schools/using-the-road/green-cross-code/</a>  Includes pictures of safe and unsafe places to cross. (North Yorks CC).  <a href="http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1e_activity_3_walking_near_traffic.pdf">http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1e_activity_3_walking_near_traffic.pdf</a>

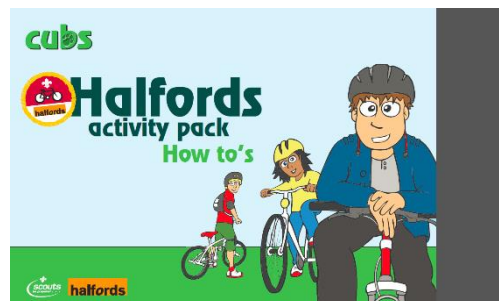
		Crossings posters.
Show that you know how to behave safely as a car passenger	In Car safety: What to do in a Breakdown.	<a href="http://think.direct.gov.uk/resource-centre/key-stage-2/in-car-safety">http://think.direct.gov.uk/resource-centre/key-stage-2/in-car-safety</a>  In car safety activates from Think! Resource Centre.  <a href="http://www.3m.co.uk/intl/uk/3mstreetwise/parents-safe-in-the-car.htm">http://www.3m.co.uk/intl/uk/3mstreetwise/parents-safe-in-the-car.htm</a>  In car safe behaviour advice for parents.



### Cub Cyclist Activity Badge

Partner Halfords has produce activities to support the Cubs Cyclist Activity Badge.

Their Resource Pack guides leaders and Cubs through the requirements of the Badge, providing detailed instructions for Cubs on how to maintain their bike and stay safe as they begin their riding experiences, as well as containing some exciting extra activities. They have are also been offering Cub Groups exclusive bike maintenance workshops in store. Check website for details.



<https://members.scouts.org.uk/supportresources/4306/cyclist-activity-badge>

<http://fundraising.scouts.org.uk/halfords>

(Those who've gained Bikeability Level 2 automatically get this badge).

This is what Cubs need to do to achieve the badge:

#### Compulsory tasks.

1. Regularly use a bicycle, which is the right size for you, with a cycle helmet.
2. Show you can clean and oil a bicycle. Show how to pump up the tyres and mend a puncture.
3. Explain why you must lock up a bicycle when you leave it unattended.
4. Make a poster to promote road safety to pedestrians or cyclists.
5. Talk to your leader or other Cubs about the safety measures you need to take when you cycle in bad weather.

! You must always wear a cycle helmet when riding your bike. The only exception is if you're Sikh and you wear a turban.

Next, choose one of the two options. Finish all the tasks for the option chosen.

#### Option 1

- Show that you can mount and dismount your bike properly.
- Show how to keep your bicycle in a roadworthy condition. Why is it important?

- Explain why it's important to use lights and reflective clothing.
- Go for a short ride in a safe place to show an adult that you can ride safely and confidently.

## **Option 2**

- Find out about the safety equipment you need for cycling off-road.
- Show that you're able to control your bike over different types of terrain.
- Find out where, in your local area, is safe to cycle off-road.
- Plan and carry out a five-mile cycle ride off-road.

## **Halford's Resource Pack Contents**

### **Activity Pack How to's:**

The 'M' check

Clean and oil a bike

Fit a safety helmet

Check and maintain tyre pressure

Find and fix a puncture

Test and fix brakes

Adjust the saddle and handlebars

Refit a bicycle chain

### **Activity Pack Group Activities:**

Activity one: Complete the 'M' check for safety

Activity two: Be seen to be seen

Activity three: Design a poster

Activity four: Keep your bike safe

Activity five: Get on your bike

Additional activity: The essential bike kit

Additional activity: Bling your bike

### **Activity Pack Puzzles:**

Do's and don'ts

Find a safe place (to park your bike)

Know your bike

Work out and find the parts

Put the spanner in the tool box

Join the dots (to reveal the correct way to wear a helmet)

Spot the difference (identifying safety issues with a bike and rider)

The tables below note Halford's Resource Pack activity sheets relevant to the tasks needed to achieve the badge plus some suggested additional resources and sources of information (not exhaustive).

## Compulsory

Task	Halfords Resource Pack	Further Resources
1. Regularly use a bicycle, which is the right size for you, with a cycle helmet.	<b>Activity Pack How to's contents:</b> Fit a safety helmet Adjust the saddle and handlebars  <b>Activity Pack Puzzles</b> Know your bike Join the dots (to reveal the correct way to wear a helmet)	Help learning to ride:  <a href="http://www.islabikes.co.uk/info-hub/teaching-your-child-to-ride">http://www.islabikes.co.uk/info-hub/teaching-your-child-to-ride</a>  <a href="http://www.sustrans.org.uk/what-you-can-do/children-and-families/cycling-kids/teach-your-child-ride-bike-without-stabilisers">http://www.sustrans.org.uk/what-you-can-do/children-and-families/cycling-kids/teach-your-child-ride-bike-without-stabilisers</a>
2. Show you can clean and oil a bicycle. Show how to pump up the tyres and mend a puncture.	<b>Activity Pack How to's contents:</b> Clean and oil a bike Check and maintain tyre pressure Find and fix a puncture	<a href="http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike">http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike</a>  The 'M' safety check for your bike in 11 steps. Includes a video.  <a href="http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/how-repair-bicycle-puncture-video">http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/how-repair-bicycle-puncture-video</a>  Puncture repair advice and video.
3. Explain why you must lock up a bicycle when you leave it unattended.	<b>Activity Pack Group Activities</b> Activity four: Keep your bike safe  <b>Activity Pack Puzzles</b> Find a safe place (to park your bike)	<a href="http://www.sustrans.org.uk/what-you-can-do/get-cycling/your-bike/bike-security">http://www.sustrans.org.uk/what-you-can-do/get-cycling/your-bike/bike-security</a>  Bike security advice.
4. Make a poster to promote road safety to pedestrians or cyclists.	<b>Activity Pack Group Activities</b> Activity three: Design a poster	<a href="http://think.direct.gov.uk/education/early-years-and-primary/docs/tales_of_the_road.pdf">http://think.direct.gov.uk/education/early-years-and-primary/docs/tales_of_the_road.pdf</a>  Tales of the Road - A Highway Code for Young Road Users. See Cycling chapter pages.
5. Talk to your leader or other Cubs about the safety measures you need to take when you cycle in bad weather.	<b>Activity Pack Group Activities</b> Activity two: Be seen to be seen	

## Option 1

Task	Halfords Resource Pack	Further Resources
Show that you can mount and dismount your bike properly.	<b>Activity Pack Group Activities</b> Activity five: Get on your bike	

Show how to keep your bicycle in a roadworthy condition. Why is it important?	<p><b>Activity Pack How to's</b>  The 'M' check  Clean and oil a bike  Check and maintain tyre pressure  Find and fix a puncture  Test and fix brakes  Adjust the saddle and handlebars  Refit a bicycle chain</p> <p><b>Activity Pack Group Activities</b>  Activity one: Complete the 'M' check for safety</p> <p><b>Activity Pack Puzzles</b>  Do's and don'ts  Know your bike  Work out and find the parts  Put the spanner in the tool box  Spot the difference (identifying safety issues with a bike and rider)</p>	<p><a href="http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy">http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy</a></p> <p>Sustrans 'M' check in 11 steps plus video</p>
Explain why it's important to use lights and reflective clothing.		<p><a href="http://www.sustrans.org.uk/what-you-can-do/cycling/guide-cycling-dark">http://www.sustrans.org.uk/what-you-can-do/cycling/guide-cycling-dark</a></p> <p>Sustran's guide to cycling in the dark</p> <p><a href="https://brightkidz.co.uk/road-safety/how-does-high-vis-work">https://brightkidz.co.uk/road-safety/how-does-high-vis-work</a></p> <p>Explanation of how Hi Vis works</p>
Go for a short ride in a safe place to show an adult that you can ride safely and confidently.		<p>Look for acceptable balance and control. Awareness of what's ahead and all around.</p>

## Option 2

Task	Halfords Resource Pack	Further Resources
Find out about the safety equipment you need for cycling off-road.		<p><a href="http://www.forestry.gov.uk/forestry/infdf-7bsknp">http://www.forestry.gov.uk/forestry/infdf-7bsknp</a></p> <p>Forestry Commission bike safety advice.</p> <p><a href="http://www.mtbtechniques.co.uk/BasicsSafety.html">http://www.mtbtechniques.co.uk/BasicsSafety.html</a></p>

		MTB protection advice.
Show that you're able to control your bike over different types of terrain.		<a href="http://www.mtbtechniques.co.uk/BasicsSkills.html#basicskills">http://www.mtbtechniques.co.uk/BasicsSkills.html#basicskills</a>  5 basic skills for a MTB beginner.
Find out where, in your local area, is safe to cycle off-road.		<a href="http://www.shropshirehillsaonb.co.uk/enjoying-the-shropshire-hills/cycling/">http://www.shropshirehillsaonb.co.uk/enjoying-the-shropshire-hills/cycling/</a>  <a href="http://www.shropshiresgreatoutdoors.co.uk/cycling/">http://www.shropshiresgreatoutdoors.co.uk/cycling/</a>  Shropshire cycle routes information.
Plan and carry out a five-mile cycle ride off-road.		<a href="https://www.britishcycling.org.uk/knowledge/article/izn20131104-Off-Road-for-the-Road-0">https://www.britishcycling.org.uk/knowledge/article/izn20131104-Off-Road-for-the-Road-0</a>  Some general off road riding advice from British Cycling.

## Free Resources (Road Safety and Cycling)



### Think! Resource Centre

Think! Is the Department of Transport's road safety campaign. The Think! Resource Centre is a one stop source of road safety education materials.

<http://think.direct.gov.uk/resource-centre/>

Here you will find a range of lesson packs which contain that will help you deliver road safety topics to children aged 5 to 7 and 7 to 11. Each lesson pack contains a lesson plan, activity sheets and posters.

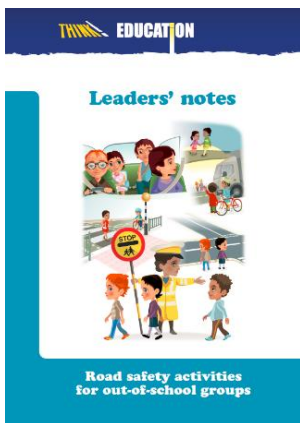
Themes: **Be bright be seen** (activity sheets: make me bright, posters – be seen in the country, be seen in the town, home - link sheet – know the road), **crossing the road safely on your own**, (mainly interactive games for pupils based on green cross code), **crossing the road safely with an adult** (activity sheets and posters – puffin and zebra crossings, crossing the road poster and stop look listen home - link sheet), **how to behave near traffic** (activity sheets: Holding hands, Match the traffic, posters – playing safe and busy traffic and Know the road home - link sheet) and **in car safety** (posters – booster cushion, booster seat and car seat and home - link Sheet – Car Clever).

### 1. Think! Education – Out of School Groups



Downloadable activities and supporting resources to accompany the **Road Safety Activities for Out of School Groups Booklet** e.g. guess the vehicle flashcards, Green Cross Code jumble, dress me safer cut out figures, crossings pictures, snakes and hazards board game, design a helmet outline, bike outline template, in car posters, matching road signs and road sign bingo games.

<http://think.direct.gov.uk/education/early-years-and-primary/out-of-school-groups/>



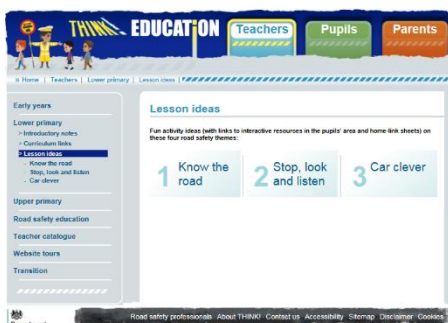
## Road Safety Activities for Out of School Groups – Leaders Notes Booklet

This booklet and the accompanying resources are aimed at leaders of groups such as Rainbows, Beavers, Brownies and Cub Scouts.

Includes walking near traffic, recognising traffic, crossing the road, bright is right, walk safer, using road crossings, cycling, in-car safety and signs and signals.

[http://think.direct.gov.uk/education/early-years-and-primary/docs/out\\_of\\_school\\_booklet.pdf](http://think.direct.gov.uk/education/early-years-and-primary/docs/out_of_school_booklet.pdf)

Hard copies available from <http://shop.dft.gov.uk/thinkshop/>

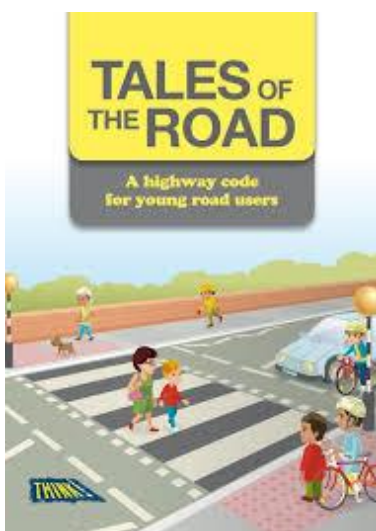


## The Think! Education – Early Years and Upper Primary

Has some further relevant information for teachers/leaders and parents of children aged 5 to 7 and 7 to 11.

<http://think.direct.gov.uk/education/early-years-and-primary/teachers/lower-primary/>

<http://think.direct.gov.uk/education/early-years-and-primary/teachers/upper-primary/>



## Tales of the Road Booklet - A highway code for young road users

Covers pedestrian safety and the Green Cross Code, cycle safety, travelling in the car and on public transport, road signs and markings and a handy glossary. Most suitable for 7-11 year olds.

<http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/>

Hard copies available from <http://shop.dft.gov.uk/thinkshop/>



## Bikeability

The site of Bikeability, today's cycle training programme. Useful resources page with templates and activity sheets to download.



<https://bikeability.org.uk/>



### 3M Streetwise

The content was written by teachers with the help of the Department for Transport and Brake, the road safety charity.

<http://www.3m.co.uk/intl/uk/3mstreetwise/teachers.htm>



### Roadwise

A website produced by The 95 Alive York and North Yorkshire Road Safety Partnership providing excellent range of teachers resources, road safety games and activities, children tips and advice, safe cycling etc.

<http://www.roadwise.co.uk/schools/>

### Road Safety in the Primary Curriculum: Resources for Key Stage 1 and 2 Booklet

<http://www.roadwise.co.uk/wp-content/uploads/2015/09/Road-Safety-in-the-Primary-Curriculum.pdf>



### Junior Road Safety Officers

<http://www.jrso.com/playandlearn/>



### Pinterest

See people's photo collections related to Brownies and road/cycle safety e.g.

[https://uk.pinterest.com/search/pins/?q=brownies%20road%20safety&rs=typed&term\\_meta\[\]=brownies%7Ctyped&term\\_meta\[\]=road%7Ctyped&term\\_meta\[\]=safety%7Ctyped](https://uk.pinterest.com/search/pins/?q=brownies%20road%20safety&rs=typed&term_meta[]=brownies%7Ctyped&term_meta[]=road%7Ctyped&term_meta[]=safety%7Ctyped)



### Rospa

<http://www.rospa.com/road-safety/resources/free/teachers/>

Number of relevant resources including useful **Rural Road Safety Booklet**.



**Brake**

**Teaching Road Safety: Guide for Educators**

<http://www.brake.org.uk/educators>

See also <http://www.brake.org.uk/beepbeepday> <http://www.roadsafetyweek.org.uk/>



**Sustrans**

Charity with lots of cycling information on its website.

## Charged Resources



**Cubs Road Safety Pack**

<http://www.room9media.com/brownies-cubs.html>

This award winning activity pack provides colourful and lively road safety activities for Cub Scouts working towards their Road Safety badge.

## Other sources from Groups

### Scouts in a box

Green cross code activities, discussions, quiz etc.

<http://www.gln-scouts.org.uk/wp-content/uploads/2013/08/5.-Green-Cross-Code.pdf>

This programme looks at elements of road safety, such as finding a safe place to cross, in a fun way from Northern Ireland.

<http://www.scoutsni.com/images/stories/beavers/ROAD%20SAFETY.pdf>

Game to test Beavers understanding of safety issues.

<https://www.onlinescoutmanager.co.uk/programme.php?action=view&id=23189>

Ray Hughes, Active Travel and Road Safety Officer. Mouchel  
Longden Road Depot, 107 Longden Road. Shrewsbury SY3 9EL.

[Ray.hughes@mouchel.com](mailto:Ray.hughes@mouchel.com)

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