

Activity

Resources:

- > Student worksheet
- > PowerPoint slide with YouTube clip



To help demonstrate the challenges that occur when trying to text, whilst also concentrating on something else (e.g. the road), students should watch the YouTube video (embedded in the corresponding PowerPoint slide), whilst they attempt to text or type the sentence shown on the screen and their worksheet.


NOTE **If students are able to use their mobile phones, it will be a more effective exercise.*


The aim is for the students to feel as though the priority of the activity is to complete the text message, with the secondary action being to watch the film. After the film is complete, students should show by raising their hands, how many completed the text.


It should be made clear that it is against the law to text whilst driving and that fines apply to those caught. There are still many drivers who break the law and text on their phone whilst driving as they don't realise how dangerous it is.

After students have given their responses, ask them the following questions. They should write their answers in the allocated space on the worksheet.

- 1> What colour shirt is the man on the cliff wearing?
- 2> What colour is the dog's collar?
- 3> Two of the drivers in this film are wearing watches, but on which wrist?
- 4> In the rain sequence, how many people can you see holding umbrellas?
- 5> What is the baby holding?



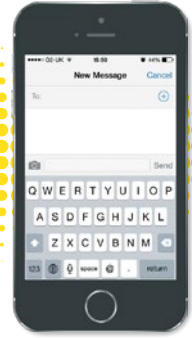
Student worksheet
 At 60mph you travel 30metres in one second!




Using the keypad shown or the one on your phone, text out the sentence:

"The yellow giraffe will sometimes eat grass, as well as its normal diet of leaves. Going on either a safari trip or a visit to the zoo will allow you to see them in their natural environment."

1> _____
2> _____
3> _____
4> _____
5> _____







Texting



At 60mph you travel 30 metres in one second!*

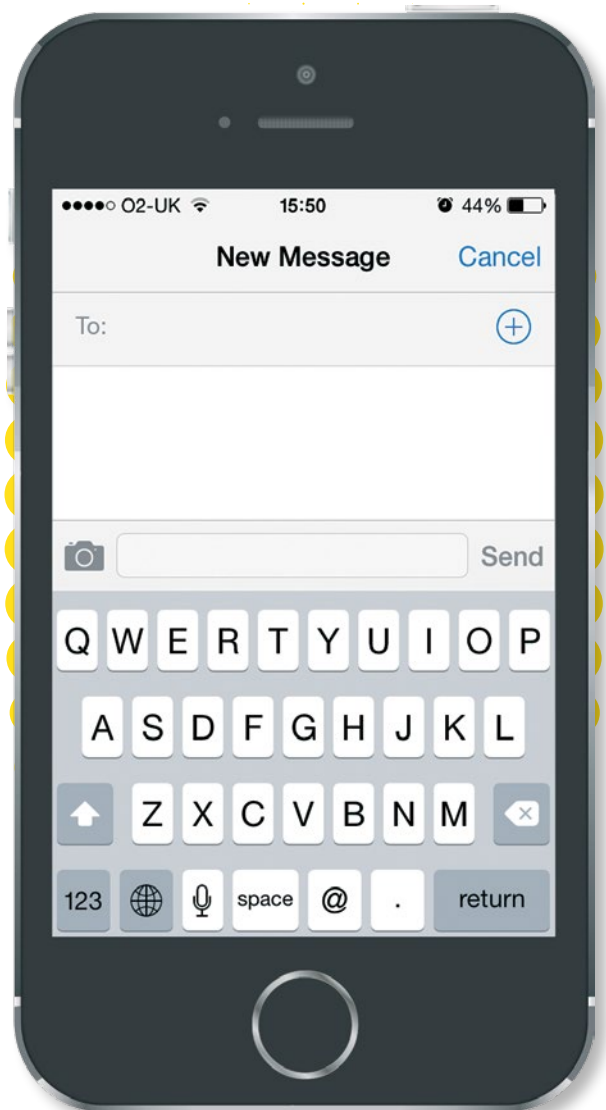
Student worksheet



Using the keypad shown or the one on your phone, text out the sentence:

“The yellow giraffe will sometimes eat grass, as well as its normal diet of leaves. Going on either a safari trip or a visit to the zoo will allow you to see them in their natural environment.”

- 1> _____
- 2> _____
- 3> _____
- 4> _____
- 5> _____





Car maintenance

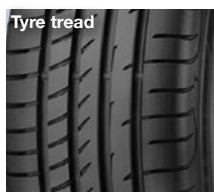
Teacher information

Resources:
> Student worksheet



Working with automotive repair experts KwikFit, we have pulled together a few basic checks that drivers should carry out on a regular basis.

Below are the answers for you to review with your students post-exercise.



Tyre tread

Potential problem

Low tyre tread, low tyre pressure, cuts or bumps.

How to check

Place 20p in one of the grooves of the tread – if you can see some of the bottom outer edge, take the car in to get it changed. Use a tool from an automotive retailer to check your pressure. Look at or feel the tyre for bumps or cuts.



Oil levels

Potential problem

Not enough oil in the car.

How to check

Use the dipstick found under the bonnet - pull it up, wipe it clean using an old rag, place it back into position, pull it out again and the mark on the stick will indicate if the oil is between maximum and minimum level.



Washer fluid

Potential problem

Not enough washer fluid in the car.

How to check

With the bonnet open and safely propped, look for the opaque white plastic bottle with a picture of a windscreen and wipers on the cap. Pop it open or unscrew it, and fill.



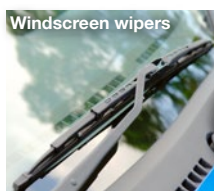
Headlights

Potential problem

Light bulb blown or dirt dimming the lights.

How to check

Turn ignition (if necessary), then turn all lights on and walk around the car to check that all the lights are working. Ask a friend or family member to help you check your brake lights and indicators.




Windscreen wipers

Potential problem


Splits in blades.

How to check

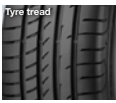
Ensure they are clearing the screen effectively by controlling and holding for approximately three seconds to wash and wipe the windscreen.

**Car maintenance**

Student worksheet




Using the photos below, identify any potential problems you might find and how to go about checking for them.



Tyre tread

Potential problem


How to check



Oil levels

Potential problem

How to check




Washer fluid

Potential problem

How to check

Page 1 of 2



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Bonus



Low oil



Low coolant



Low washer fluid



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Car maintenance



Using the photos below, identify any potential problems you might find and how to go about checking for them.

Tyre tread



Potential problem

How to check

Oil levels



Potential problem

How to check

Washer fluid



Potential problem

How to check



Car maintenance



Headlights



Potential problem

How to check

Windscreen wipers

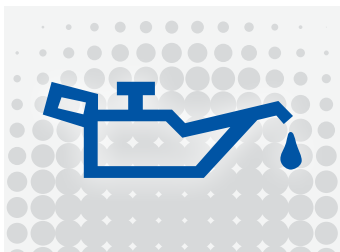


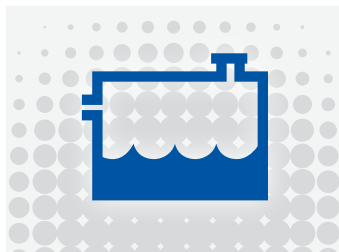
Potential problem

How to check

Bonus

Below are some warning lights that may come on if there is a problem with your car. Can you identify what each of these symbols means?









Speed limits

Teacher information

Resources:

> Student worksheet



Answers can be made up of different combinations of cars, buses or football pitches.

1> When travelling at **20 mph** the stopping distance is equivalent to:

☒ **3** car/s ☐ DD buses ☐ FBpitch/es

2> When travelling at **30 mph** the stopping distance is equivalent to:

☒ **1** car/s ☒ **2** DD buses ☐ FBpitch/es

3> When travelling at **40 mph** the stopping distance is equivalent to:

☒ **4** car/s ☒ **2** DD buses ☐ FBpitch/es

4> When travelling at **50 mph** the stopping distance is equivalent to:

☐ car/s ☒ **3** DD buses ☐ FBpitch/es

5> When travelling at **60 mph** the stopping distance is equivalent to:

☒ **5** car/s ☐ DD buses ☒ **1/2** FBpitch/es

6> When travelling at **70 mph** the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☒ **1** FBpitch/es

Speed limits Student worksheet

Excessive speed contributes to 24% of collisions in which someone is killed

Understanding stopping distances

It is important that drivers understand stopping distances in relation to how fast they are travelling. The faster a car is going, the less time the driver has to react to a hazard in front of them, and the longer the car needs to come to a complete stop.

Directions

Using the visuals given to gauge distances, estimate the distance covered from a steady speed to a complete stop, including both reaction and braking time. The first question has been completed for you.

Standard car 4 metres

Double-decker bus 10 metres

Football pitch 100 metres

1> When travelling at **20 mph** the stopping distance is equivalent to:
☒ car/s ☐ DD buses ☐ FBpitch/es

2> When travelling at **30 mph** the stopping distance is equivalent to:
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4> When travelling at **50 mph** the stopping distance is equivalent to:
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☐ car/s ☐ DD buses ☐ FBpitch/es

6> When travelling at **70 mph** the stopping distance is equivalent to:
☐ car/s ☐ DD buses ☐ FBpitch/es

*Answers can be made up of different combinations of cars, buses or football pitches.

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Double-decker bus 10 metres

Football pitch 100 metres

GOODYEAR

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Speed limits

Student worksheet



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The first question has been completed for you.

Standard car
4 metres



Double-decker bus
10 metres



Football pitch
100 metres



1> When travelling at 20 mph the stopping distance is equivalent to:

☒ 3 car/s ☐ DD buses ☐ FBpitch/es

2> When travelling at 30 mph the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☐ FBpitch/es

3> When travelling at 40 mph the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☐ FBpitch/es

4> When travelling at 50 mph the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☐ FBpitch/es

5> When travelling at 60 mph the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☐ FBpitch/es

6> When travelling at 70 mph the stopping distance is equivalent to:

☐ car/s ☐ DD buses ☐ FBpitch/es



Speeding

Student worksheet



*About 200 lives each year could be saved if seatbelts were always worn



Prepare a press release on a separate sheet of paper which you would send to newspaper editors regarding the accident below. Remember, press releases are written in the clear structure of the inverted pyramid to the right.

Once you have completed this activity, why not write a second press release which demonstrates an alternative outcome had all individuals worn seatbelts?

Who?

Driver: Rachel Hill (19) Passengers: Debbie Brown (17), and boyfriend Lee Bremmer (19)

What?

Passenger: Brown was thrown from the car and killed when Hill swerved to avoid an animal in the road and lost control of the vehicle.

When?

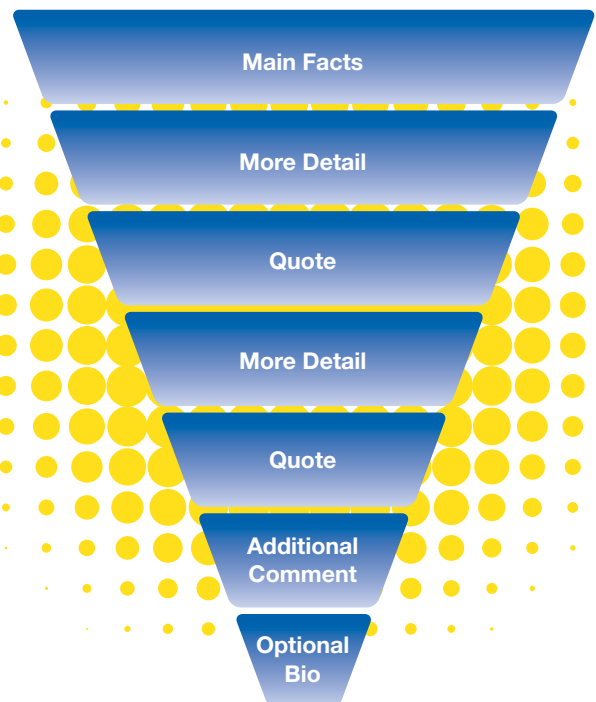
1 a.m. Friday, 6th June 2014 - reportedly following a night out.

Where?

Off the M1, just outside Bushey.

Why?

The court heard that Hill reached speeds of 90mph. Bremmer, who survived the crash, had asked Hill to slow down and suggested both Hill and Brown wear seatbelts. Hill, who also survived was sent to a young offender's institution and banned from driving for six years.

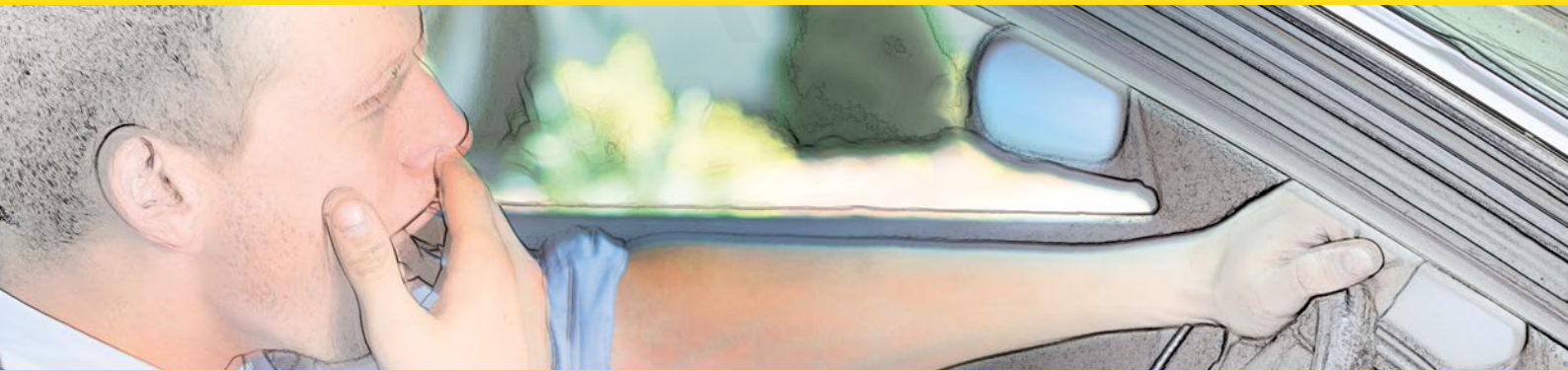




Drink/drugs vs. fatigue

Teacher information

Activity



Everyone knows that the likelihood of being involved in an accident is considerably higher if a driver is under the influence of alcohol or drugs – yet in a study conducted a few years ago, 91%* of drivers admitted to getting behind the wheel after one or more drinks. This is completely against the law and is in no way tolerated by the police.

Keeping that in mind, everyone gets sleepy at some point in the day, and odds are that you might need to drive whilst being a bit tired. But what level of fatigue is too much? Can sleepiness in fact have just as much of an effect on a driver's ability?

A few facts for thought



Drink/drugs

- > Under the influence of alcohol or drugs, concentration is affected and there is difficulty in perceiving time and distance.
- > There can be an increase in impulsive behaviours with tendencies to take more risks and create confusion with the user.
- > Alcohol is considered a depressant drug which slows down the activity of the central nervous system, including the brain.
- > A person who has been drinking alcohol may think that if they are especially careful, they will be able to drive safely. However, the alcohol may have affected their view and experience of reality.

Activity

To encourage an in-class discussion, ask your students the following questions:

- 1) What factors do you think could effect your ability to drive safely?
- 2) What do you think are some physical effects of being under the influence of alcohol which could alter your driving? What about when you are sleepy?
- 3) What changes in behaviour do you think could have an impact on a person's driving?



Fatigue

- > Fatigue slows reaction time, decreases awareness and impairs judgement - if you're tired, you're not as aware of others on or near the road, and if you're not aware, you can't slow down or take other steps to avoid a collision.
- > Driver fatigue is believed to contribute to more than 30%** of road crashes.
- > Some symptoms of driver fatigue include: trouble focussing, or narrowing of attention; head nodding, or inability to keep the eyes open; not remembering the last few minutes; constant yawning or rubbing eyes.

*<http://assets.dft.gov.uk/statistics/releases/road-accidents-and-safety-annual-report-2011/rcgb2011-00.pdf>

**<http://www.optalert.com/news/driver-fatigue-symptoms-cause-and-effects>



Distractions

Teacher information

Activity

Resources:

> Student worksheet



This is an in-class activity where students are divided into groups of four; one becomes the 'driver', the other three are 'passengers' – with four chairs in the middle of the room.

Part 1

The driver

starts off sitting by themselves reciting the alphabet backwards.

Part 2

Passenger 1

joins and starts reciting their four times table.

The driver

has to keep reciting the alphabet backwards.

Part 3

Passenger 2

sits down in one of the chairs and asks the driver their eight times table (e.g. What is 8×2 ? What is 8×3 ? Etc.)

The driver

continues reciting the alphabet backwards.

Part 4

Passenger 3

sits down in one of the chairs and starts counting backwards from 100.

Passenger 2

continues asking Passenger 1 their eight times table.

The driver

continues reciting the alphabet backwards.

Distractions Student worksheet

Distractions can without a doubt make it more difficult to concentrate. From passengers, to the radio, to things sliding around in the back seat, there can be all sorts of distractions that surround us as drivers. In order to be a safe driver, we need to try to minimise the distractions that we have the ability to control. In the space below keep a tally of how many times each driver stumbles over reciting the alphabet and feed back the findings at the end of the activity.

Types of distractions
Audio
Visual
Manual
Cognitive

Driver 1	
Driver 2	
Driver 3	
Driver 4	
Driver 5	
Driver 6	
Driver 7	
Driver 8	

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Distractions



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In the space below keep a tally of how many times each driver stumbles over reciting the alphabet and feed back the findings at the end of the activity.

Driver 1

Driver 2

Driver 3

Driver 4

Driver 5

Driver 6

Driver 7

Driver 8

Types of distractions

Audio



Visual



Manual



Cognitive





Facts and figures

Teacher answers*

Resources:
> Student worksheet

	A	B	C	D
1 > How long does it usually take to get a licence?	100hrs	25hrs	45hrs	15hrs
2 > Across the UK, how many Theory Tests are taken every year?	100,000	15,000	800,000	1.5million
3 > In order to get your licence, you have to be able to read a new-style number plate from _____ metres away?	10	5	20	30
4 > By how much does the likelihood of an accident increase with every additional passenger?	double	5 times	10 times	none
5 > In 2013 what was the average insurance premium for a 17-22 year-old new driver?	£1,198	£296	£599	£1,000
6 > By the time most drivers are 23 years-old, what percentage have been involved in a crash?	12%	20%	50%	37%
7 > At what age do insurance premiums go down for new drivers?	28	22	25	30
8 > What is the percentage pass rate for the UK Theory Test?	63%	45%	24%	71%
9 > What is the average cost of an accident involving a 17-18 year-old?	£3,500	£800	£1,200	£5,000
10 > What percentage of road accidents happen in poor driving conditions (such as rain, snow, fog)?	5%	13%	30%	19%
11 > What is the penalty for talking or texting on your mobile phone whilst driving?	£40/2 pts	£60/3 pts	£80/4 pts	£35/1 pts
12 > Yearly, an average of ____ roadside breakdowns are due to poor car maintenance (including punctured tyre, flat or dead battery)?	100,000	250,000	500,000	300,000

*Answers are from a variety of sources. Correct at time of publishing.



Facts and figures

There are many statistics surrounding new drivers and the last thing you want is to be another number! Get ahead of other new drivers by understanding some of these facts and figures. Circle the correct answers to the questions below:

	A	B	C	D
1 > How long does it usually take to get a licence?	100hrs	25hrs	45hrs	15hrs
2 > Across the UK, how many Theory Tests are taken every year?	100,000	15,000	800,000	1.5million
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Theory Test questions

1 > What vehicles should you allow extra room for when you overtake?	<input type="checkbox"/> A) Cars <input type="checkbox"/> C) Tractors	<input checked="" type="checkbox"/> B) Bicycles <input type="checkbox"/> D) Roadsweepers
2 > It is night time and you want to park in a 40mph zone which has traffic flowing in both directions, should you park...	<input type="checkbox"/> A) On the right side of the road, with parking lights on? <input type="checkbox"/> C) On the right side of the road, with dimmed headlights? <input type="checkbox"/> D) On the left side of the road without any lights activated?	<input checked="" type="checkbox"/> B) On the left side of the road, with parking lights on?
3 > If you have a collision what will reduce the risk of neck injury?	<input checked="" type="checkbox"/> A) A properly adjusted head restraint <input type="checkbox"/> B) Holding your neck upright <input type="checkbox"/> C) Collapsible steering wheel <input type="checkbox"/> D) Having no seatbelt on	
4 > You see a pedestrian with a red and white stick, what does this tell you? That they are...	<input type="checkbox"/> A) Deaf <input type="checkbox"/> C) Blind	<input checked="" type="checkbox"/> B) Deaf and blind <input type="checkbox"/> D) Have epilepsy
5 > You're involved in an accident with another vehicle. Someone sustains a neck injury and your vehicle is damaged. What should you find out from the other driver involved?	<input type="checkbox"/> A) The driver's history of accidents <input type="checkbox"/> B) The driver's occupation <input checked="" type="checkbox"/> C) The driver's name, address, number and insurance details <input type="checkbox"/> D) How long the driver has been driving for	
6 > You are towing a trailer on the motorway. What is the maximum speed you can go?	<input type="checkbox"/> A) 30mph <input type="checkbox"/> C) 70mph	<input checked="" type="checkbox"/> B) 60mph <input type="checkbox"/> D) 40mph
7 > What is the national speed limit for the outside lane of a motorway?	<input type="checkbox"/> A) 50mph <input type="checkbox"/> C) 60mph	<input checked="" type="checkbox"/> B) 70mph <input type="checkbox"/> D) 80mph
8 > When approaching an unmarked crossroads, who has right of way?	<input type="checkbox"/> A) The driver travelling at the fastest speed <input type="checkbox"/> B) The driver travelling on the widest road <input type="checkbox"/> C) The driver travelling in the largest vehicle <input checked="" type="checkbox"/> D) Nobody	
9 > While travelling within the legal speed limit, the motorist behind flashes their headlights. What should you do?	<input type="checkbox"/> A) Accelerate to generate a gap between you and the vehicle behind <input type="checkbox"/> B) Brake sharply so the vehicle sees your brake lights <input checked="" type="checkbox"/> C) Keep travelling at your chosen speed, the driver will overtake when they deem it safe to do so <input type="checkbox"/> D) Wave your hand out the window	
10 > You may drive over a footpath if...	<input checked="" type="checkbox"/> A) You are accessing a property <input type="checkbox"/> B) It is at a dip in the kerb <input type="checkbox"/> C) You need to overtake a slow-moving vehicle in front <input type="checkbox"/> D) No pedestrians are using the footpath	

*Courtesy of TopTests.co.uk



Theory Test questions

11> If turning left to enter a side road, which hazard should you be most aware of?	<input type="checkbox"/> A) Vehicles parked on either side <input type="checkbox"/> B) If the side road has a one-way system <input type="checkbox"/> C) Congested traffic <input checked="" type="checkbox"/> D) Pedestrians
12> While travelling within the legal speed limit, another motorist attempts to overtake your car. Should you stop the motorist from doing this?	<input type="checkbox"/> A) Yes, as the driver has the potential to harm you, your passengers and other drivers <input type="checkbox"/> B) Yes, as this driver is making you feel uncomfortable <input checked="" type="checkbox"/> C) Not under any circumstances <input type="checkbox"/> D) No, unless you're in a safe position to prevent the driver properly
13> You forget to switch off your rear fog lights when you have been driving in fog after it clears. This could:	<input type="checkbox"/> A) Lessen your fog light's brightness in the future use in fog <input type="checkbox"/> B) Affect the engine power <input checked="" type="checkbox"/> C) Be a breach of the law <input type="checkbox"/> D) Damage your car's battery
14> A police patrol car flashes its headlights at you and the officer points left. What should you do?	<input checked="" type="checkbox"/> A) Pull up on the left <input type="checkbox"/> B) Brake immediately <input type="checkbox"/> C) Turn left at the next roundabout <input type="checkbox"/> D) Turn left at the next side road
15> How long must you have held your full EC/EEA driving licence for, before supervising a learner driver?	<input type="checkbox"/> A) One year <input checked="" type="checkbox"/> B) Three years <input type="checkbox"/> C) Two years <input type="checkbox"/> D) Five years
16> When travelling on icy roads, how should you drive?	<input type="checkbox"/> A) With the car in the lowest gear available <input checked="" type="checkbox"/> B) With the car in the highest gear available <input type="checkbox"/> C) With the handbrake slightly on <input type="checkbox"/> D) With your left foot resting on the brake at all times
17> How many years following the purchase of a new car will the first MOT certificate need to be acquired?	<input type="checkbox"/> A) Four years <input checked="" type="checkbox"/> B) Two years <input type="checkbox"/> C) Three years <input type="checkbox"/> D) A year
18> Excessive or uneven tyre wear can be caused by faults in which of the following:	<input type="checkbox"/> A) Cooling system <input checked="" type="checkbox"/> B) Suspension <input type="checkbox"/> C) Exhaust system <input type="checkbox"/> D) Gearbox
19> What should the left-hand lane of a motorway be used for?	<input type="checkbox"/> A) Overtaking traffic in the middle lane <input type="checkbox"/> B) Breakdowns only <input type="checkbox"/> C) Vehicles doing the minimum speed limit <input checked="" type="checkbox"/> D) Normal driving
20> What driving style will cause risk to all on the road?	<input type="checkbox"/> A) Responsible <input checked="" type="checkbox"/> B) Competitive <input type="checkbox"/> C) Cautious <input type="checkbox"/> D) Defensive



For the real test you must answer 43 out of 50 questions correctly with a time limit of 57 minutes in order to pass.



Theory Test questions

You might have a few years to go, but check how prepared you are for the actual Theory Test. This mock test mimics the structure of the real test*. Circle the correct answer to each of the questions below.

- | | | |
|---|---|---|
| 1 > What vehicles should you allow extra room for when you overtake? | <input type="checkbox"/> A) Cars
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*Courtesy of TopTests.co.uk



Theory Test questions

11> If turning left to enter a side road, which hazard should you be most aware of?	<input type="checkbox"/> A) Vehicles parked on either side <input type="checkbox"/> B) If the side road has a one-way system <input type="checkbox"/> C) Congested traffic <input type="checkbox"/> D) Pedestrians
12> While travelling within the legal speed limit, another motorist attempts to overtake your car. Should you stop the motorist from doing this?	<input type="checkbox"/> A) Yes, as the driver has the potential to harm you, your passengers and other drivers <input type="checkbox"/> B) Yes, as this driver is making you feel uncomfortable <input type="checkbox"/> C) Not under any circumstances <input type="checkbox"/> D) No, unless you're in a safe position to prevent the driver properly
13> You forget to switch off your rear fog lights when you have been driving in fog after it clears. This could:	<input type="checkbox"/> A) Lessen your fog light's brightness in the future use in fog <input type="checkbox"/> B) Affect the engine power <input type="checkbox"/> C) Be a breach of the law <input type="checkbox"/> D) Damage your car's battery
14> A police patrol car flashes its headlights at you and the officer points left. What should you do?	<input type="checkbox"/> A) Pull up on the left <input type="checkbox"/> B) Brake immediately <input type="checkbox"/> C) Turn left at the next roundabout <input type="checkbox"/> D) Turn left at the next side road
15> How long must you have held your full EC/EEA driving licence for, before supervising a learner driver?	<input type="checkbox"/> A) One year <input type="checkbox"/> B) Three years <input type="checkbox"/> C) Two years <input type="checkbox"/> D) Five years
16> When travelling on icy roads, how should you drive?	<input type="checkbox"/> A) With the car in the lowest gear available <input type="checkbox"/> B) With the car in the highest gear available <input type="checkbox"/> C) With the handbrake slightly on <input type="checkbox"/> D) With your left foot resting on the brake at all times
17> How many years following the purchase of a new car will the first MOT certificate need to be acquired?	<input type="checkbox"/> A) Four years <input type="checkbox"/> B) Two years <input type="checkbox"/> C) Three years <input type="checkbox"/> D) A year
18> Excessive or uneven tyre wear can be caused by faults in which of the following:	<input type="checkbox"/> A) Cooling system <input type="checkbox"/> B) Suspension <input type="checkbox"/> C) Exhaust system <input type="checkbox"/> D) Gearbox
19> What should the left-hand lane of a motorway be used for?	<input type="checkbox"/> A) Overtaking traffic in the middle lane <input type="checkbox"/> B) Breakdowns only <input type="checkbox"/> C) Vehicles doing the minimum speed limit <input type="checkbox"/> D) Normal driving
20> What driving style will cause risk to all on the road?	<input type="checkbox"/> A) Responsible <input type="checkbox"/> B) Competitive <input type="checkbox"/> C) Cautious <input type="checkbox"/> D) Defensive



For the real test you must answer 43 out of 50 questions correctly with a time limit of 57 minutes in order to pass.