

St Mary's School Travel Plan

Activity Sheet Issue Number: 2

Here is a range of activities that you might like to try while learning from home. They will help you to continue to learn about Road Safety and understand why active travel is so important. Over the coming weeks there will be an assembly available on the website.

Please follow the Government guidance on social distancing if you decide to carry out any of these activities.

Green Cross Code

Fill in the missing words

First, find a _____ place to cross.

Stop just before you get to the _____.

Look all around for _____ and _____.

If traffic is coming, let it _____.

When it is safe, walk _____ across the _____, do not run,

keep _____ and _____ while you _____.

Words

pass	straight	listening
traffic	kerb	road
cross	safe	listen

Traffic Light Biscuits

BAKE for a Brake

BEEP BEEP! TIMMY TIME
saving little lives

Traffic light biscuits

Makes about 15 biscuits

You will need:

- 175g/6oz Plain flour
- 100g/4oz Butter or margarine
- 50g/2oz Caster sugar
- A tube of Smarties

How to:

1. Mix butter or margarine and caster sugar together until light and fluffy. Mix in some flour and knead the dough together until it forms a ball. Add a sprinkle of flour if the dough is too sticky.
2. Roll out the dough on a lightly floured surface until it is about 5mm thick.
3. Cut the dough into 'traffic light' rectangular strips. Place red, yellow and green Smarties in a row down the strip.
4. Place the biscuits on a floured or lined baking tray and bake in the centre of a pre-heated oven at 150°C/300°F/Gas Mark 2 oven for 10 minutes or until golden brown. Let the biscuits cool on a wire tray.
5. Eat and enjoy!

Get In The Gallery

Draw a picture or write a story or poem about Road Safety.

Write a short passage describing why is it so important for people to walk short distances rather than travel by car?

What other forms of transport are better for the environment than car travel and why?

Games and Film Clips

<https://www.think.gov.uk/resource/take-the-lead-game/>
<https://www.brake.org.uk/zebras/films-and->

Bike Maintenance

Ask your parents, where possible, to allow you to practise your cycling or scooting skills. Cycling is a good form of family exercise in lockdown it is important that the parents and children know the best way to keep safe when out on a bike ride. Discuss with an adult the importance of always wearing a helmet and why bike and scooter maintenance is so important in keeping you safe when you are and about. Set some time aside, as part of your home learning, to maintain your own bike or scooter. Why not give your bike or scooter a wash to ensure that you can be seen when out on the dark winter days.

Below are some links to websites that can help both you and your parents:

<https://www.cyclinguk.org/article/simple-bike-maintenance-guides>

<https://www.youtube.com/watch?v=e7blAQevmis>

<https://www.cyclinguk.org/article/how-cycle-your-family->

We would love you to take photos of all the activities that you take part in. Please send them into Mrs Clark via email so that she can see what you have been up to. Email: office@stmarysaylesbury.bucks.sch.uk

