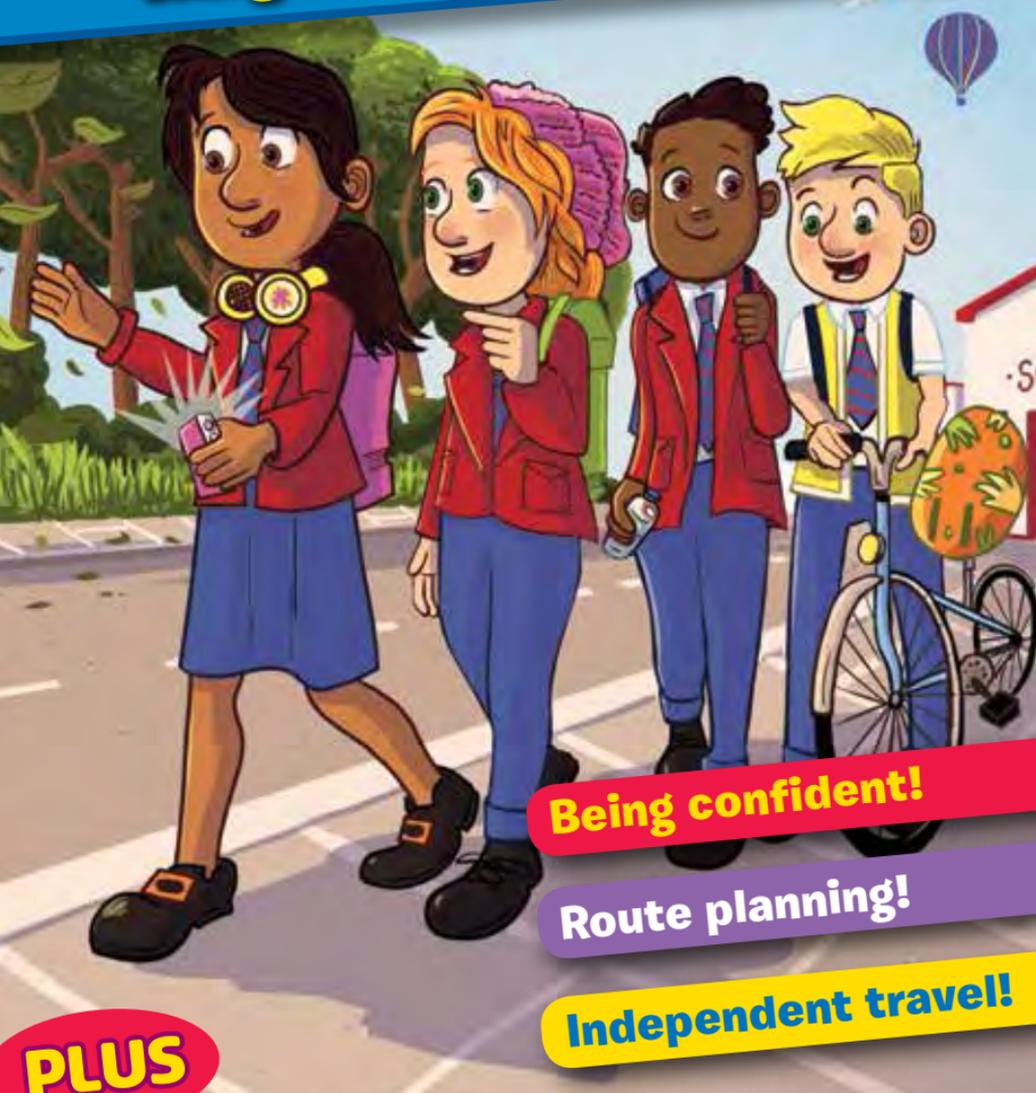


Good to Go!

Your guide to making safer journeys



Being confident!

Route planning!

Independent travel!

PLUS

JOKES!

PUZZLES!

QUIZZES!

GET ACTIVE!

During the morning rush hour, a crazy one in five cars is on the school run. Yet most UK pupils live within walking distance of their school.

What if all those pupils who travel by car, walked or cycled instead? It could make a huge difference to the environment.

Plus, children who walk or cycle to school, rather than travel by car, arrive more ready to learn and get higher grades. So, get active and get ahead!



CARBON CRUNCH

Carbon Dioxide (or CO₂) is one of the main greenhouse gases thought to cause climate change. And every car journey produces CO₂. So, do your bit for the environment by ditching the car and walking or cycling whenever you can!

- Walk or cycle for just five minutes and save as much CO₂ as a standard lightbulb uses in two hours
- Walk or cycle for 15 minutes and save as much CO₂ as it takes to produce a plastic bag
- Walk or cycle for 30 minutes and save as much CO₂ as it takes to produce a plastic bottle.



JOKE!

What's the laziest part of a bike?
The wheels because they're always tyre-ed!

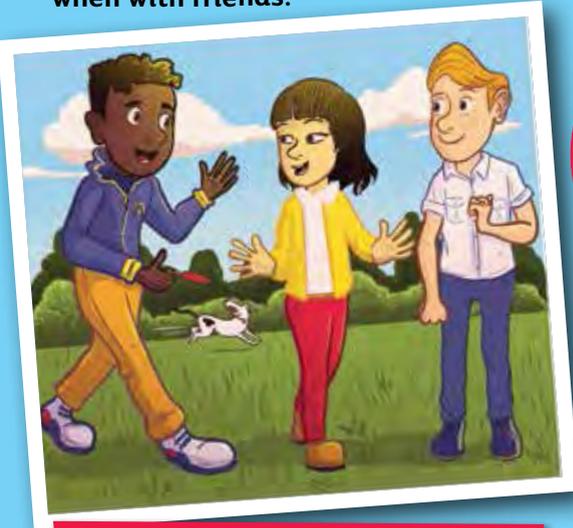
QUIZ TIME!

HOW DO YOU LIKE TO GET TO SCHOOL?



BIG STRIDES

Walking to school is a triple treat... it keeps you fit, it's a great time to chat, and it's the ultimate free, green transport! Remember, though, you still have to be careful near roads, especially when with friends.



FOOT FACT!

Your foot and ankle contains 26 bones. That's about a quarter of all the bones in your body – and you use every one of them when you walk!



PARK PATROL

Parks can be a good route to take during the day – they are safe, quiet and have no traffic. But at night, they can be dark and deserted, so it is probably better to choose a well-lit route instead.

KNOW THE CODE

Now, of course, you know the Green Cross Code. So, can you re-arrange the five steps below into the correct order?

- C** LOOK AND LISTEN
- D** THINK
- E** STOP
- B** WAIT TILL IT'S SAFE
- A** WALK, DON'T RUN

The correct order is:

WALK SAFE

Look at this scene – can you spot some safer ways to behave near roads? Use the clues below to help.

Listen for traffic!

Cross safely!

Look after your friends!

Pay attention!

Be seen!



WORK OUT!

Walking uses muscles from your ankles all the way up to your shoulders... including your bum!

CRAZY QUIZ

Try this quiz to see if you are a whizz when it comes walking.

1 What do you call a machine that can count the number of steps you take?

- A) A striderlator
- B) A pedometer
- C) A stepruler.

3 Somnambulism is a special type of walking. Is it:

- A) Walking in your sleep?
- B) Walking backwards?
- C) Walking on your hands?

2 Which of these is a real rule for athletes competing in walking races?

- A) They always have to have one foot in contact with the ground
- B) They always have to wear their normal shoes
- C) They always have to carry an umbrella in case it rains.

4 The average person takes about 7500 steps a day. Over a lifetime, that's the equivalent of walking...

- A) From London to Edinburgh and back
- B) From the North Pole to the South Pole
- C) About 4.5 times around the world.

THE WHEEL DEAL

Do you like the wind on your face and keeping fit? Cycling could be the perfect way for you to get to school. Don't forget to wear the right gear, though.

GREAT DANES!

In Denmark, half of all children cycle to school!



WHEELY HUNGRY...

On the Tour de France, a top cyclist eats a bowl of cheesy pasta, two fried eggs, sliced ham, four bread rolls with jam or honey, dried fruit with almonds, orange juice and coffee. And that's just for breakfast! One day's racing up those hills burns around 4500 calories. No wonder they are hungry!

Bikeability

Ask if your school runs a Bikeability scheme. These courses teach safe cycling skills and will help build your confidence.

ESSENTIAL KIT

HELMET If you are unlucky enough to fall off your bike, a helmet stops your head from hitting the ground. Don't leave home without one!

BRIGHT CLOTHES Something fluorescent during the day, something reflective at night. Bike jackets are great as they do both.

FRONT AND BACK

BIKE LIGHTS If you are riding in the dark, by law you have to have a front light, a red back light and a rear red reflector!

A BIKE LOCK Keep your wheels safe. If possible lock both wheels to something solid such as a bike stand.

AS EASY AS A, B, C...

For hassle-free cycling, give your bike some TLC

A IS FOR AIR

Check your tyres regularly. Give them a squeeze and, if they feel soft, pump them up until they're good and hard.

B IS FOR BRAKES

Make sure your front and back brakes work and the pads aren't worn. Keep your wheel rims clean so the brakes grip.

C IS FOR CHAIN

This shouldn't be rusty or clogged with dirty oil. Keep it clean and oiled, you will have a much easier ride!



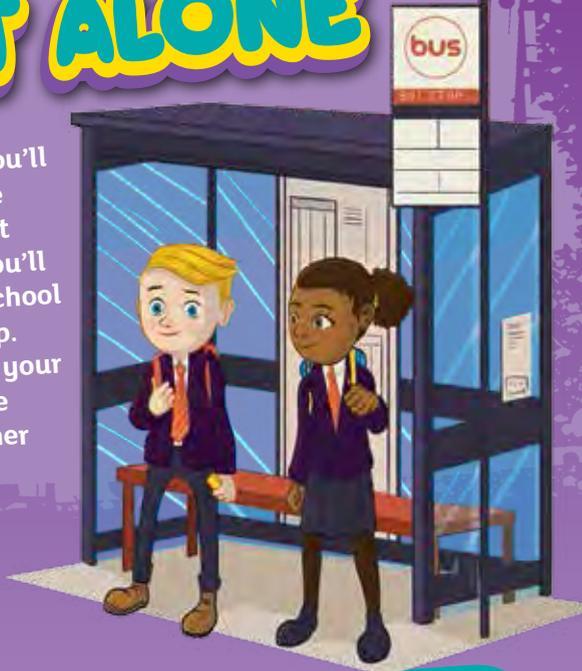
ON THE MOVE!

Imagine you're cycling to school. First, you want to meet a friend in the park, then go to the shop. You also need to take a photo of some toads for a science project before you get to school (tip: look out for Toad Crossing signs). Make sure you obey all the road signs, too!



GO IT ALONE

As you get older, you'll feel more and more confident being out and about – and you'll start to travel to school without a grown up. You may travel on your own or you may be with friends – either way, keep it safe!



ROUTE MASTER

Before you set off, plan your route. You could do something like the example left. That way you won't be late for school!

Walk from home to bus stop takes.....5 mins
 Wait for bus for.....5 mins
 Bus journey to High Street takes.....8 mins
 Walk to school takes.....7 mins
 Total time.....25 mins
 I need to be at school at.....8.35am
 So I need to leave home at.....8.10am
 (and no later!)

Walk from home to

Time taken mins

Wait for mins

Catch mins

Walk to mins

Wait for mins

Catch mins

Walk to school mins

Total time mins

I need to be at school at

So I need to leave home at

TOP TIP! You can use apps and websites, such as Google Maps. They tell you the fastest or quietest way to go. Make sure you tell someone your route.

JOKE!
 Why didn't the elephant like cycling?
 There was no room for his trunk!



EYE EYE!

When you're crossing a road by bike or on foot – look right at drivers and try to "catch" their eye. If they make eye contact, you know they've seen you.

CONFIDENCE TRICKS

Your body language can tell other people how you feel. So walk tall and act confident, even if you secretly feel a bit nervous. You can always tell an adult if you feel worried.

BUS BEHAVIOUR!



Remember other people are travelling on your bus, too. So, respect the other passengers and show them your best behaviour.

WHIFFY! Don't eat stinky food. Everyone can smell it.

EARACHE! Turn your music down. Not everyone wants to hear your top tunes.

HUSH! Don't scream and shout with your mates. Not everyone wants to hear you.

KEEP YOUR FEET OFF SEATS! Someone has to sit on them afterwards!

DON'T THROW THINGS AROUND! It could distract the bus driver and may even cause a crash.

NEXT TIME YOU'RE ON THE BUS, TRY SAYING "PLEASE" AND "THANK YOU" TO THE DRIVER. GO ON... IT WILL MAKE THEIR DAY!



ROAD TEST

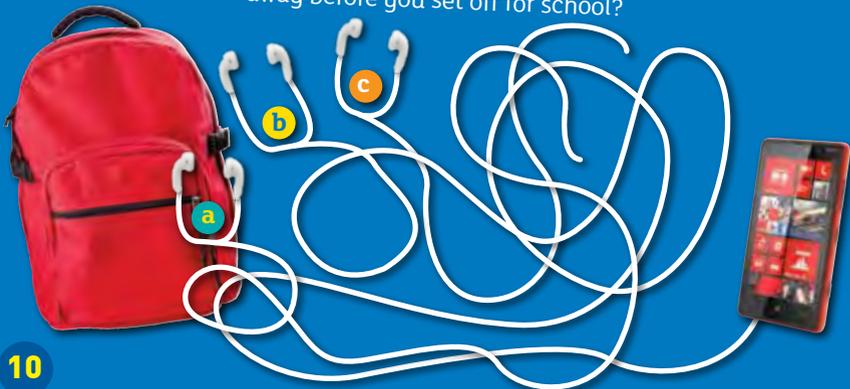
Find the street smart words in the grid. They read forwards, backwards, up, down and diagonally. The leftover letters spell a wheely great lesson!

S	T	H	G	I	L	B	N	H	N
E	A	I	K	B	C	C	O	A	N
E	T	F	E	I	L	A	I	T	A
N	E	K	E	K	O	R	T	J	V
E	M	L	A	E	T	S	N	A	T
C	L	A	B	S	H	I	E	C	H
I	E	W	E	Y	E	L	T	K	G
L	H	D	I	T	S	Y	T	E	I
O	E	A	L	E	R	T	A	T	R
P	C	O	L	O	U	R	S	U	B

- ALERT
- ATTENTION
- BIKE
- BRIGHT
- BUS
- CARS
- CLOTHES
- COLOUR
- EYE
- HAT
- HELMET
- JACKET
- LIGHTS
- PEDESTRIAN
- POLICE
- SAFE
- SEEN
- VAN
- WALK

EAR EAR!

Can you unravel the headphones to put your phone away before you set off for school?



QUIZ TIME!

Test your road safety knowledge with this fun quiz.

1 You can be fined up to £1000 for dangerous cycling on the road.

True or false?

2 Where did the toucan crossing get its name?

- A) From the bird, with black and white feathers like the crossing
- B) From the two cans of paint it takes to paint one
- C) Because "two can" use it, both pedestrians and cyclists.

3 More teenagers are hurt on roads than toddlers.

True or false?

4 When you get off a bus, what should you do?

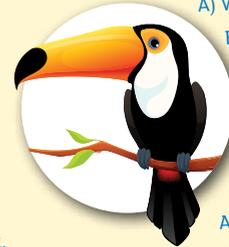
- A) Walk around the front
- B) Walk around the back
- C) Wait for the bus to fully pull away.

5 What is the greenest, cheapest way to travel to school?

A) By bike

B) Walking

C) By pogo stick.



JOKE!

When is a bike not a bike?
When it turns into a driveway!

IT'S A SIGN

Can you match the road signs to their correct meanings? Remember triangles are a warning and red circles mean don't do something.



The answer is

THE MEANINGS ARE:

A) Two-way traffic

B) No entry for vehicles

C) No pedestrians

D) Zebra crossing ahead

E) No cycling

PLEDGES



MY NAME IS:

.....

I PLEDGE TO:

- Walk or bike to school at least twice a week.
- Not use my phone when walking near roads.
- Always wear my helmet when cycling.

These pledges have been witnessed by

.....

- Friend
- Teacher
- Parent
- Brother/sister

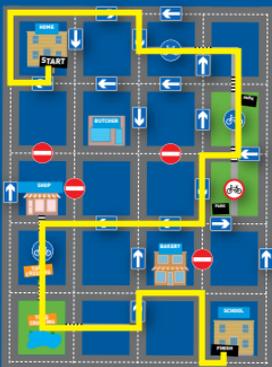
ANSWERS

Page 4-5 Know the code:
D, E, C, B, A.

Walk safe: The two friends are listening to music not the traffic; they also aren't looking out for each other; the cars shouldn't park in front of the school but the boy should chose a safer place to cross, make sure he can be seen and be watching for traffic; the boy on the pavement isn't looking where he is going but at his phone instead.

Crazy quiz:
1 B, 2 A, 3 A, 4 C.

**Page 7
On the move!**
See below.



Page 10-11 Road test
The leftover letters spell:
BIKEABILITY



Ear Ear! The correct headphones are 'b'

Quiz time! 1 true, 2 C, 3 true, 4 C, 5 B.

It's a sign
1 D, 2 E, 3 A, 4 B, 5 C.