

## Introducing Switched On Travels with Suzi interactive videos

The Switched On Travels with Suzi interactive videos aim to teach pupils aged 3-6 key, foundational skills about how to stay safe around the railway. From recognising real items that they might encounter at the train station to learning the importance of safety signs and sounds, understanding what a level crossing is and does, and how to behave around the rail environment, pupils will learn a range of essential Switched On safety skills.

Please note, these videos are based off existing Switched On Travels with Suzi resources. While some of the content may seem familiar, it has been curated for use in three short bite-sized videos, designed to slip easily into your lessons.

## Curriculum links

### KS1

- **PSHE**  
Health and wellbeing: Keeping safe  
Relationships: Friendships, Safe relationships  
Living in the wider world: Shared responsibilities
- **English**  
Reading, Spoken language
- **Art and Design**

### P1-P3

- **PSE**  
Health and Wellbeing: Staying Safe, Friendships, Safe Relationships
- **English**  
Reading and Talking
- **Art and Design**

These resources can also be used within SMSC planning and delivery

## Why is there a need to incorporate rail safety into your teaching?

There are 20,000 miles of track, 30,000 bridges, tunnels and viaducts plus thousands of signals, level crossings and stations across our rail network.

From special journeys to everyday commutes, the rail network helps get us where we need to be. Even if we're not travelling, the railway is switched on 24/7 and we need to be Switched On to the risks the rail environment can pose. There are more than 19,000 trespass incidents on the rail network every year.

Learning to hazard spot and address potentially dangerous behaviour starts at a young age. Schools have recognised the importance of teaching about a range of safety behaviours through PSHE and Citizenship lessons in school. The rail industry wants to support this vital work.



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## Videos overview

| Name of video resource                   | Format | Learning outcomes   |
|--|--------|---|
| <b>Getting to know the train station</b> | Film   | <ul style="list-style-type: none"> <li>I can describe things to look out for at a station</li> <li>I can show how to behave safely at the station</li> <li>I can talk about the different station safety signs and what they mean</li> </ul>  |
| <b>Safety signs and sounds</b>           | Film   | <ul style="list-style-type: none"> <li>I can talk about the different safety signs and what they mean</li> <li>I can recognise and follow the signs that keep us safe</li> <li>I can show how to behave safely at the station</li> <li>I can say what a level crossing is for</li> <li>I can say why we must keep ourselves safe at level crossings</li> <li>I can show how to behave safely at a level crossing</li> </ul> |
| <b>Spotting unsafe behaviours</b>        | Film   | <ul style="list-style-type: none"> <li>I can say why we must keep ourselves safe at level crossings</li> <li>I can show how to behave safely at the station</li> <li>I can show how to behave safely at a level crossing</li> <li>I can tell grown-ups what I've learned</li> </ul>   |

## Summary of supporting resources

- Video worksheets:
  - Station activity worksheet (Video 1)
  - Signs and sounds activity worksheet (Video 2)
  - Hazard spotting and safe behaviours activity worksheet (Video 3)
  - Switched On Travels with Suzi learning worksheet (all videos)
- 1x Switched On Travels with Suzi Certificate
- Optional: Switched On Rail Safety Poster template

## Getting started

- Resources can be accessed via the Switched On website.
- All three videos have been designed to be flexible and easy to use with a range of options for delivery at school.
- Videos can be completed as standalone videos, in any order, depending on what focus area would best suit your students.
- Alternatively, the videos can be completed as a series starting with, 'Getting to know the train

station', 'Safety signs and sounds' and 'Spotting unsafe behaviours'. If you are completing the videos as a series we would recommend allowing **45-65 minutes**.

- Each video has an **accompanying worksheet** that pupils can complete as they watch each video. You will need to print off these worksheets and share with your class.
- You may wish to show pupils the videos and have them engage with the activities during:
  - A normal timetabled lesson
  - A topic focus week, for example, Rail Safety Week
- For all the videos, there is no planning required before playing them to your pupils. The content in the video is delivered by an expert host and Suzi who will talk directly to your pupils as if they are a live audience.
- Throughout the video there will be stopping points where the host will invite pupils to answer questions or complete their accompanying worksheet. Where there are questions which does not require the worksheet, your role will be to facilitate answers using the guidance below.

## How to use the videos and worksheets in other settings

We're aware that youth groups and families may also want to play this video with young people. Specific guidance found below around playing this video for young people and delivering the accompanying activities also applies outside of school settings.

## Additional activities

[Explore the Switched On Travels with Suzi resources](#) on the Switched On website, for more rail safety activities to complete with pupils in the classroom.

## Getting to know the train station and railway



### Overview

Stations come in many different shapes and sizes. However there are lots of elements that stay the same and are important for us all to remember, as they can keep us safe.

In this video Suzi and our host Sarah will run through images of things that pupils might encounter at a railway station, explaining what each one is and why it's important to know what they are. Images include, a railway station, the yellow line, train doors, footbridges, information boards, the platform, and escalators. Along the way pupils will be asked to consider what each item is and why it is important. The video will end by recapping the key learnings.

Pupils can earn their **Switched On: Train Tracker badge** when they have completed this video.

### Learning outcomes

- I can describe things to look out for at a station
- I can show how to behave safely at the station
- I can talk about the different station safety signs and what they mean

## Supporting resources

- Station activity worksheet (Video 1)
- Switched On Travels with Suzi learning worksheet (to be completed after watching all videos)
- 1x Switched On Travels with Suzi Certificate (to be completed after watching all videos)



## Equipment required

- Screen display or tablet to show the videos
- Pens or pencils

## Timings

Playing the video and completing the accompanying worksheet will take approximately **15-20 minutes**.

## Activity

- Before starting the video, make sure you have printed and handed out the '**Station activity worksheet**' for your pupils to complete throughout the video. Please note, there will be moments highlighted in the video where you can pause the video to allow pupils time to complete their activity worksheet.
- Introduce your pupils to the topic of rail safety and explain that having strong foundational knowledge of what happens at the railway is key to helping keep themselves and others safe.
-  **Play video.**
-  **Pause moment:** As a warm-up activity, the host will ask pupils whether they have been on a train before. Pause the video here so that pupils can answer the question. You may want to get pupils to raise a hand for 'yes – they have been on a train' or 'no – they have not been on a train'.
- **Resume video.**



- **⏸ Pause moment:** Pause the video here to allow pupils time to fill out their **'Station activity worksheet'**, which asks them to label what each image is on page one and write down why it is important on page two.
  - **Answers may include:**
    - » **A station** – where people get on and off trains
    - » **Yellow Line** – it's important to stay behind the yellow line to stay safe from passing trains and so we don't fall onto the tracks
    - » **Train Doors** – it's important to let people off the train before you get on
    - » **Footbridge** – helps us get to other platforms
    - » **Information boards** – tells us important information like what platform our train is on
    - » **Platform** – we always need to behave and not rush when on the platform to avoid accidents
    - » **Escalators** – we should never rush and always hold onto the handrail
- Allow pupils time to write their answers on their activity worksheet. Once they have filled in their activity worksheets, resume playing video.
- **⏸ Pause moment:** Pause the video here and reiterate the following questions to your pupils:
  - Were there any parts of the station you had not seen before?
  - Is there anything you will notice more next time you are at a train station?
- You may want to get pupils to shout out the answer or call on volunteers to answer the question.
- **Resume the video.**
- After the video ends, guide your pupils to complete the **'Switched On Travels with Suzi learning worksheet'**. Pupils should colour in their **'Train Tracker'** badge and write down one key thing that they have taken away from the video.
  - If you're not watching all the videos in one go, save this worksheet to complete later – pupils can colour in each badge once they've earned them (by watching and listening to each video).
- If you are completing this video alongside our other videos, you can move on to our **'Signs and sounds'** video here.

## Safety signs and sounds



### Overview

In this video Suzi and our host Sarah will run through important safety signs and sounds that pupils might encounter around the railway, station and level crossing. After explaining what each one is, Suzi will explain what we should do when we hear or see each sign or sound. Along the way you'll be given moments to pause the video and allow pupils to consider what each sign or sound is and why it is important. The video will end by recapping the key learnings.

Pupils can earn their **Switched On: Sign Spotter** and **Sound Spotter badges** when they have completed this video.

### Learning outcomes

- I can talk about the different safety signs and what they mean
- I can recognise and follow the signs that keep us safe
- I can show how to behave safely at the station
- I can say what a level crossing is for
- I can say why we must keep ourselves safe at level crossings
- I can show how to behave safely at a level crossing

### Supporting resources

- Signs and sounds activity worksheet (Video 2)
- Switched On Travels with Suzi learning worksheet (to be completed after watching all videos)
- 1x Switched On Travels with Suzi Certificate (to be completed after watching all videos)

### Equipment required

- Screen display or tablet to show the videos
- Pens or pencils







### Timings

Playing the video and completing the accompanying worksheet will take approximately **20–25 minutes**.





## Activity

- Before starting the video, make sure you have printed and handed out the **'Signs and sounds worksheet'** for your pupils to complete throughout the video. Please note, there will be pause moments highlighted in the video where you can pause the video to allow pupils time to complete their activity worksheet.
- Introduce your pupils to the topic of rail safety and explain that having strong foundational knowledge of what happens around the railway – including an understanding of the safety signs and sounds to look and listen out for – is key to helping keep themselves and others safe.
-  **Play video.**
-  **Pause moment:** Pause the video here so that pupils can tell you what the sign is and why it is important. You may want to call on volunteers to raise their hand and answer to the class.
- Play the video to find out the answer.
-  **Pause moment:** After Suzi and the host explain what the yellow line is and why it's so important the host will invite you to pause the video so that pupils can write down the correct answer on their **'Signs and sounds activity worksheet'**. On page one of the worksheet pupils can label each image and on page two they can write down why it is important.
  - **Answer:** The yellow line. We must always stay behind the yellow line to stay safe from passing trains. It also prevents us from falling onto the tracks which is very dangerous.
- After your pupils have written down the correct answer, resume video.
-  **Pause moment:** Pause the video here so that pupils can tell you what the sign is and why it is important. You may want to call on volunteers to raise their hand and answer to the class.
- Play the video to find out the answer.
-  **Pause moment:** After Suzi and the host explain what the 'keep back from the platform edge' sign is and why it's important the host will invite you to pause the video so that pupils can write down the correct answer on their **'Signs and sounds activity worksheet'**. On page one of the worksheet pupils can label each image and on page two they can write down why it is important.
  - **Answer:** Keep back from the platform edge. We must keep away from the edge of the platform. Not all trains stop at every station and they travel very quickly.
- After your pupils have written down the correct answer, resume video.
-  **Pause moment:** Pause the video here so that pupils can tell you what the sign is and why it is important. You may want to call on volunteers to raise their hand and answer to the class.
- Play the video to find out the answer.
-  **Pause moment:** After Suzi and the host explain what the 'stop, look and listen' sign is and why it's so important the host will invite you to pause the video so that pupils can write down the correct answer on their **'Signs and sounds activity worksheet'**. On page one of the worksheet pupils can label each image and on page two they can write down why it is important.
  - **Answer:** Stop, Look and Listen. We must always stop, look both ways because a train can be coming from either side, and listen to make sure that we are certain that a train is not nearby. When trains are travelling fast they can be very quiet so we need to always stay alert.
- After your pupils have written down the correct answer, resume video.





- **⏸ Pause moment:** Pause the video here so that pupils can tell you what it is and why it is important. You may want to call on volunteers to raise their hand and answer to the class.
- Play the video to find out the answer.
- **⏸ Pause moment:** After Suzi and the host explain what the 'level crossing alarm' is and why it's so important the host will invite you to pause the video so that pupils can write down the correct answer on their '**Signs and sounds activity worksheet**'. On page one of the worksheet pupils can label each image and on page two they can write down why it is important.
  - **Answer:** Level crossing alarm sound. When the alarm sounds we must wait until a train has passed before we cross.
- After your pupils have written down the correct answer, resume video.
- **⏸ Pause moment:** Pause the video here so that pupils can tell you what it is and why it is important. You may want to call on volunteers to raise their hand and answer to the class.
- Play the video to find out the answer.
- **⏸ Pause moment:** After Suzi and the host explain what the 'electricity' sign is and why it's so important the host will invite you to pause the video so that pupils can write down the correct answer on their '**Signs and sounds activity worksheet**'. On page one of the worksheet pupils can label each image and on page two they can write down why it is important.
  - **Answer:** Electricity sign. This reminds us that there is electricity in the track which is very dangerous. We must always pay attention to signs like this.
- After your pupils have written down the correct answer, resume video.
- After the video ends, guide your pupils to complete the '**Switched On Travels with Suzi learning worksheet**'. Pupils should colour in their '**Sign Spotter**' and '**Sound Spotter**' badges and write down one key thing that they have taken away from the video.
  - If you're not watching all the videos in one go, save this worksheet to complete later – pupils can colour in each badge once they've earned them (by watching and listening to each video).
- If you are completing this video alongside our other videos, you can move on to our 'Spotting unsafe behaviours' video here.

## Spotting unsafe behaviours



### Overview

While some of your pupils may know what a Switched On behaviour is, others might not. In this video, Suzi and our host Sarah will help pupils spot unsafe behaviours around the railway so that pupils can keep themselves, and others safe.

The video will begin by looking at an image/map and trying to spot unsafe behaviours. Suzi and Sarah will then explain why each identified scenario is unsafe. Following this the pair will then explain what a safer, more Switched On behaviour would be for each scenario. At the beginning and end the pupils will be encouraged to participate – helping to spot unsafe behaviours and then write down a safe behaviour.

Pupils can earn their **Switched On: Safe Traveller** badge when they have completed this video.



3–6 years

## Learning outcomes

- I can say why we must keep ourselves safe at level crossings
- I can show how to behave safely at the station
- I can show how to behave safely at a level crossing
- I can tell grown-ups what I've learned

## Supporting resources and equipment required

- Hazard spotting and safe behaviours activity worksheet (video 3)
- Switched On Travels with Suzi learning worksheet (to be completed after watching all videos)
- 1x Switched On Travels with Suzi Certificate (to be completed after watching all videos)


## Equipment required

- Screen display or tablet to show the videos
- Pens or pencils

## Timing

Playing the video and completing the accompanying worksheet will take approximately **15–20 minutes**.

## Activity

- Before starting the video, make sure you have printed and handed out the **'Hazard spotting and safe behaviours activity worksheet'** for your pupils to complete throughout the video. Please note, there will be pause moments highlighted in the video where you can pause the video to allow pupils time to complete their activity worksheet.
- Introduce your pupils to the topic of rail safety and explain that having strong foundational knowledge of what happens around the railway – including how to behave safely – is key to helping keep themselves and others safe.
-  **Play video.**

- As an introductory activity the host will ask pupils to take a closer look at the image/map that is on the screen and which can also be found on the first page of the **'Hazard spotting and safe behaviours activity worksheet'**.
- **II Pause moment:** Pause the video here and encourage pupils to see if they can spot any unsafe behaviours. You may want to guide pupils to circle the unsafe behaviours on their worksheets, call them out to the class or point to the hazards on the screen. The answers are listed below but the host will explain why each scenario is unsafe once the video is resumed.
  - **Answers:**
    - » Boy playing with a ball
    - » Pair playing with a kite
    - » Girl running on the platform
    - » Boy sitting on the platform edge
    - » Lady stood over the yellow line
  - **Optional:** To extend this activity you may want to call on pupils to explain why they think it is an unsafe behaviour.
- Once pupils have spotted the unsafe behaviours resume the video.
- **II Pause moment:** Once the host and Suzi have explained what would be a safer and more Switched On behaviour to do in each scenario the host will invite you to pause the video so that pupils can write down the correct answers on page two of their **'Hazard spotting and safe behaviours activity worksheet'**.
  - **Correct answers:**
    - » The boy was playing too close to the train track. He should leave the ball or play in a safer spot away from the danger.
    - » You should never run on the platform. Instead you should wait patiently and pay attention to the signs and sounds so you know when the train is arriving.
    - » Both the boy and the woman should make sure they are both standing back from the platform edge and behind the yellow line when waiting for a train.

3-6 years

- » Never sit on the platform edge and always stay behind the yellow line.
- » You should never play near overhead wires which are really dangerous. You should find a safer place to fly a kite, such as a park. For now, they should put the kite away.
- Allow pupils time to write their answers on their activity worksheet. Once they have filled in their activity worksheets, resume playing video.
- After the video ends, guide your pupils to complete the **'Switched On Travels with Suzi learning worksheet'**. Pupils should colour in their 'Safe Traveller' badge and write down one key thing that they have taken away from the video.
  - If you're not watching all the videos in one go, save this worksheet to complete later – pupils can colour in each badge once they've earned them (by watching and listening to each video).

## Offline activities

### Switched On Travels with Suzi Certificate:

To celebrate your pupils completing all three interactive videos you may want to award them a Switched On Travels with Suzi certificate.



### Switched On Rail Safety Poster Template:

As a fun extra activity, you may want to get your pupils to design a rail safety poster recapping some of the key lessons they learnt from Suzi and the host in each video. Guide your pupils to create a poster that would help others to stay safe and Switched On around the railway by teaching them about key rail safety.

If you do get pupils to create a Rail Safety Poster – we would love to see them! Send a photo of them to [NetworkRail@hopscotchconsulting.co.uk](mailto:NetworkRail@hopscotchconsulting.co.uk).

