

Who's Switched On for their next journey? – Teacher Guidance



7-11 years

Switched On for every journey

With a focus on developing good judgement and decision-making skills, the 'Switched On for every journey' resources not only asks pupils to identify potential dangers on their own journeys but to also spot risky behaviours in others.

From train stations to level crossings, pupils will be able to explain the different signs and sounds that could suggest a potential hazard. There's a chance to get Switched On to the people that keep the trains running too! Using our interactive map, pupils are in charge of their learning journey. They decide which trips to take, and which stops to make, as we travel together exploring new scenarios to discuss and learn from.

We can all enjoy life's adventures when we spot signs of danger, look out for our friends and always stay Switched On.

Vitality, this programme uses scenarios to challenge pupils' decision making. Based on real life experiences, pupils will face 'no going back' decision points. Using their empathy and newly developing knowledge of track safety, they are encouraged to create an outcome for each scenario that minimises risk.

Empathy and proactive thinking is at the heart of this program. In addition to building skills and knowledge of the railway, pupils are supported to imagine the thought processes of other travellers and those who work in the rail industry.

Curriculum links

KS2

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

P4-P7

- **PSE**
Health and Wellbeing: Mental Health, Staying Safe, Friendships, Safe Relationships.
Living in the Wider World: Shared Responsibilities
- **English**
Reading and Talking

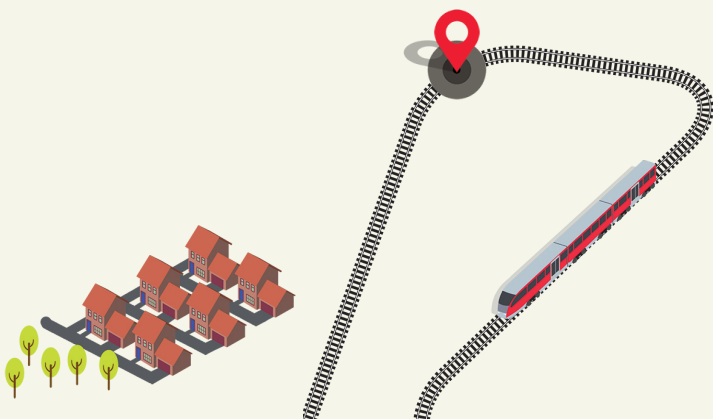
These resources can also be used within SMSC planning and delivery

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, 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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How to run the activities at school

This resource has been designed to be flexible and easy to use with a range of options for delivery. This teacher guidance document contains tips for delivery and a loose script that can be adapted by educators to best suit the needs of their learners.

Teachers may decide to:

- Deliver the activities linked to each lesson individually within the normal timetable
- Run all of the activities across a week, as part of a topic focus week

Differentiation across KS2

Additional delivery and differentiation recommendations have been made for each activity, as there is likely to be a range of attainment within this age group.

Activities for ages 7-9 are knowledge focussed. They teach behaviour and awareness skills. The resources for ages 9-11 develop these skills further, provoking thought about independent behaviour and challenging risky behavioural norms.

How to run the activities in other settings

We're aware that youth groups and families may also want to use the materials. Specific guidance has been provided where appropriate within this document.

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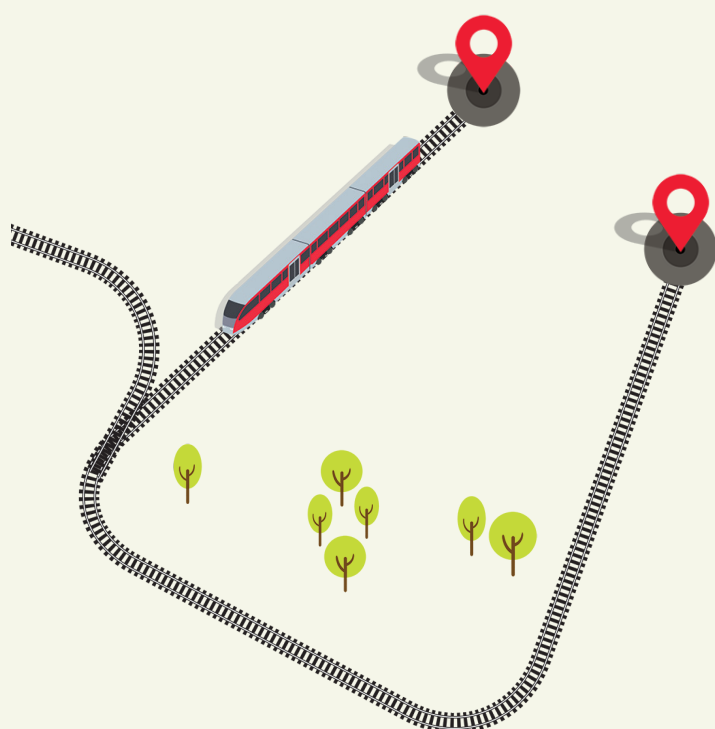
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Resource overview

Name of resource	Format	Learning outcomes 7-9	Learning outcomes 9-11
Who's Switched On for their next journey?	Interactive quiz	<ul style="list-style-type: none">I can talk about some safety risks around the railwayI can recognise safety signs at a station and say what they meanI can recognise the signs that keep us safe at a level crossing and say what they mean	<ul style="list-style-type: none">I can explain rail safety rules and how to behave as I become more independent and responsibleI can demonstrate that I understand rail safety signs and explain why they are thereI can describe the warning signs at a level crossing and what to do if they appear

Getting started

- Resources can be accessed via the [Switched On website](#). The map acts as the navigation, with each stop being a new opportunity to develop Switched On skills and knowledge
- If possible, start by screensharing the map. Draw pupil's attention to the map and ask what they think this map is all about? Perhaps they will pick up some clues and see that this is all about trains and the tracks. Encourage them to share their initial thoughts
- You may wish to allow pupils to choose their own journey and decide which resource they'd like to start with, or you can follow the route suggested in this guidance document
- Select the area you would like to start at and navigate to the correct part of the teacher guidance

Learning outcomes 7-9

- I can talk about some safety risks around the railway
- I can recognise safety signs at a station and say what they mean
- I can recognise the signs that keep us safe at a level crossing and say what they mean

Learning outcomes 9-11

- I can explain rail safety rules and how to behave as I become more independent and responsible
- I can demonstrate that I understand rail safety signs and explain why they are there
- I can describe the warning signs at a level crossing and what to do if they appear

Supporting resources and equipment required

- Are you Switched On and Safe? slides and previous results
- Are you Switched On and Safe completed worksheets
- Who's Switched On for their next journey? slides

Suggested order

- Introduction: Review of previous work
- Activity 1: Complete the previous quizzes and activities to see if the pupils can better their scores
- Activity 2: Who's switched on for their next journey? quiz
- Plenary



Who's Switched On for their next journey?

Overview

An opportunity for the pupils to revisit their pre-topic quiz activity to assess how much their knowledge and skills have improved.

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Timing

Approx. 20 minutes

Home learning tips

All three of these activities can be completed at home. You could turn this into a competition and take turns as quizmaster with friends.

Activity 1

- Using the **Are you Switched On and safe? slides** and their previous scores, retest the pupils to see if they beat it
- Pupils can also revisit their original draw activities from **Are you Switched On and safe? worksheets** and add in any additional detail in a different colour, based on what knowledge they have gained since about rail safety

Activity 2

- As a fun, final activity you can use the **Who's Switched On for their next journey? slides** and the quiz questions in there as a quick fire test of knowledge. The questions and answers are provided below for ease:
 - True or False, It's safe to cross railway tracks if there isn't a train coming
False, it's only safe if all of the safety signs tell you it's safe to cross. Have the barriers returned to their upright position? Have the lights stopped flashing and the alarm sounding? In the event of a level crossing not having any barriers, have you stopped, looked and listened to ensure it's safe to cross?
 - An average train is as heavy as...
400 tonnes
 - It takes a high speed train ... football pitches to stop
20 football pitches
 - True or False, level crossings always look the same
False, some have barriers, lights and alarms, others may simply have a sign reminding you to Stop, Look and Listen to check it's safe to cross the tracks
 - Electricity can jump ... metres
Up to 3 metres
 - The top speed for a train is ...
125 mph
 - A train can travel faster than a ...
Anything under 125mph (see what the pupils offer as answers!)
 - One safety sign you might see on a station platform is... (draw it for an extra point)
Stop, Look, and Listen/ stay away from the platform, edge/no trespassing/warning of electric charge
 - One sign you might see at a level crossing is...
Specific instructions on how to cross i.e. if you need to call a signaller/ Remember to Stop, Look and Listen/ Stop when the lights flash sign
 - The electrified rail is the ... rail
Third
 - Electricity is turned off on the railway at
This is a trick question, it is never turned off!
 - True or False, electrical wires and rails are safe as long as you don't touch them
False, electricity can jump up to 3 metres
 - Litter on the railway can cause...
Accidents and delays
 - True or False, the electrified rail looks exactly the same as the others
True
 - The correct time to cross a level crossing after a train has passed is...
When the barriers have returned to their upright position, the lights have stopped flashing and the alarms have stopped. Even then you must remember to stop, look and listen
 - True or False, you can always hear a train coming
False, some trains are almost silent

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Plenary

- Once the pupils have finished their activities ask them to reflect back on their learning
- Some discussion prompts:
 - When might they have the opportunity to put their Switched On thinking into practice?
 - Are there any safety knowledge they are going to share with friends and family?
- Congratulate the group on completing their journey across the interactive map!

Differentiation

- Some pupils may benefit from a recap of the main safety messages prior to completing the quiz and drawing activity again
- As stated above some pupils with fine motor control challenges may benefit from using pre-cut out pictures for the Switched On at the platform/ at the level crossing drawing activity
- An alternative final activity could be to write and present an assembly for the rest of the school about the pupils' Switched On for every journey experience. What are the main messages that they would like to share with the school community?

