**Walking On Rural Roads – Lesson Plan**

**Introduction**

Children who live in rural areas often have to walk on rural roads.

These roads may:

* have limited footpath connectivity
* be narrow
* have single lane bridges
* have fast moving traffic
* have large trucks or agricultural machinery.

Learning how to walk safely in a rural environment is vital for these students.

This lesson can be taught at assemblies, in class groups, indoors or outdoors (in a safe controlled area) to help show the main points of the training. Get student leaders to help you run the lesson or get them to run the whole thing with your support.

**Resources Needed for Lesson**

* TV/projector or something to watch the ninja video
* Internet connection
* Follow up postcards and word searches

**Note -** Before you start your lesson, remind students to always use the footpath if one is available. This lesson will help navigate rural roads when there are no footpaths.

**Ninja Video Link -** <https://www.youtube.com/watch?v=7D7dMlz1gPQ>

Note: This lesson plan was developed by Auckland Transport. It was published on the Waka Kotahi Education Portal in 2021 for use by road safety coordinators around New Zealand. Resources may be shared and adapted for non-commercial use under a Creative Commons licence. Read more here:

[About this site (copyright)](https://education.nzta.govt.nz/about-this-site/)

**Walking On Rural Roads – Lesson Plan**

**Step 1 – Introductions and chat about walking**

* Introduce yourself and ask the students why they think they are here.
* Give a brief overview of what students will learn today and remind them to always use footpaths if available.
* Ask who walks to school and who would like to if they could, and why walking is beneficial.

**Step 2 – Ninja video**

* Let the group know they are about to watch a video and their job is to remember as many tips as they can.
* Watch the ninja video twice (<https://www.youtube.com/watch?v=7D7dMlz1gPQ>)

**Step 3 – Video debrief**

* Ask kids to put their hand up if they remember any tips and when they explain one of the tips ask why they think that is important.
* Keep asking for more tips until they have covered them all. Demonstrate using volunteers from the audience to make it clear.
  + Walk as far off the road as possible.
  + Make sure you are walking towards the traffic.
  + Check for sneaky driveways – make sure driveway is clear before crossing.
  + Always keep an eye on the traffic and get ready to jump into the bushes or ditch if things don’t look safe.
  + Wear bright clothes to be easily seen.
  + Only cross the road when you have a clear view of cars and stop, look and listen before crossing.
  + On blind corners, cross to the side of the road where you have the best view of traffic in both directions.

**Step 4 – Practical session (optional – only if safe and if you have time)**

* Take the kids to school boundary and point out the type of rural road the lesson was about.
* Ask the kids where they should stand, which side of the road they should walk on, where they should jump if a car comes towards them, point out any sneaky driveways etc.
* You could take them out onto the road if it is quiet and the school is ok with it, but make sure you have enough adults present and a good RAMS form outlining your risk management strategies.

**Step 5 – Additional follow-up activities**

* Postcard with colouring activity – use the accompanying postcard which has the main tips on the front and a colouring activity on the back for the kids to colour in and write down their favourite tips from the lesson.
* Word search – there is an easy word search with a word bank and a harder version without the word bank. Both reinforce the main safety tips learnt during the videos.