

Movin' March Learning Resource



Week 4: Confidence

Teacher Resource

The theme for Week 4 in Movin' March is:

Mā raro, mā wīra rānei nā te mea ka piki ake te māia!
I walk or wheel because... it builds confidence!

The purpose of these activities is to develop our **Road safety skills and knowledge** and to empower students to make good decisions to keep safe, which builds their self-confidence and independence.

- **Discuss** how active journeys build your **confidence and independence**, especially by knowing about **road safety and safe routes**. Walking, scootering, and biking all require different skills, so we all need to know how to keep safe on our roads. You could ask these questions:
 - Where is the safest place to cross the road?
 - What do we need to do before we cross the road together?
 - Why do we hold hands to cross the road together?
 - What do we look for when we are crossing the road?
 - What sounds are we listening for when we are crossing the road?
 - When is it safe for us to cross the road?
- **Make a K-W-L Chart about Road Safety.** Either give a chart to each student or do one as a whole class together. Fill in the columns with what you Know about the topic, what you Want to know, and later, what you've Learned. Depending on ability, students can write key words, whole sentences or draw pictures. (See student resource page for blank K-W-L chart)
- **Talk about** how to cross the road safely, by showing the class the **Kerb Drill**. (See Student Resource). Read these instructions on how to cross the road safely, then go outside and practice these skills together in the playground, using markings on the court as roads, etc. As a **role play**, some children could pretend to be cars, bikes, and buses on the road, so there is traffic to negotiate.

When practicing outside in the playground, an older responsible person can hold hands with younger ones or adapt for older students with them modelling/teaching younger ones.

See [Resources and Activities](#) for more weekly themes and complementary resources.
The [Whānau Photo Competition](#) also features the benefits of active travel for tamariki and whānau.

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Student Resource
Suitable Yrs 0-8

Show these videos to your class:

- Moe Explores - Road Safety | Staying safe on the footpath/sidewalk | Crossing the road #RoadSafety in NZ <https://youtu.be/T3f7N109ZN0> (4 min: 42 sec)
- Oliver and Lucas demonstrate safe walking in Australia. Road Safety for Kids | Traffic Rules for Kids | [Stop, Look, Listen!](#) (3 min: 17 sec)
- Scooter safety: Watch these fun safety videos by Officer O'Leary and Sergeant Maaka, from Wellington's 'Paranormal Unit'. There are 4 episodes, available in both English and Te Reo Māori. Show them to your class and then get out in the playground and practice these skills. <https://schooltravel.gw.govt.nz/walk-or-wheel-programmes/scooter-ready/> Go to scooter safety: scooter safety videos. (Click on the "+" symbol, they are all about 3 minutes each).

Sing along to this song: Road Safety Song Lyric Video (Stop Look and Listen) by musical playground <https://youtu.be/rylxh5Ur-o8> (4 min: 16 sec)

Ask students to rate their confidence levels regarding walking and wheeling to, and from school. What could affect their confidence, either positively or negatively? Encourage them to share their thoughts and feelings with their whānau and friends. Will they feel more confident by the end of March?

Useful links:

- [Active Travel Action](#) – Greater Wellington and Enviroschools:
 - See 3:4 and 3:5 Self-knowledge leads to self-confidence p79
 - See 4:3 Walkability checklist p102
 - See 4:4 Mapping journey p103
- [Ready Steady Go!](#) Active Travel resource from Auckland Transport, Lesson 3
- [Resources and Activities](#), Greater Wellington's Getting to school website
- New Zealand Transport Agency Waka Kotahi [Education Portal](#) including:
 - [Hike it, bike it, scoot it, skate it](#)
 - [How to stay safe when walking](#)
 - [Real life videos and tips](#) from student point of view
- Te Whare Tapa Wha – Sparklers: Te whenua / Te Taiao
- [Bike Ready resources](#) from Waka Kotahi

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Kerb drill

1. Take one step back from the kerb.
2. Look and listen for traffic coming from all directions.
3. If there is traffic coming, wait until it has passed and then look and listen for traffic again.
4. If there is no traffic coming, walk quickly straight across the road.
5. While crossing, look and listen for traffic, wherever it may come from.

K-W-L Chart

What do you Know about road safety?	What do you Want to know? (about road safety)	What did you Learn? (about road safety)