**Super 1s Road Awareness and promoting the use of public transport.**

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| **Area Covered:** Employability/ personal growth, Health and Wellbeing, Local Issues | **Topic Covered:** To make the participants Road Safe Aware and promote the use of public transport. | **Intended outcome:** To raise awareness on the topic and try to influence positive change of participants choices.  |
| **Session Plan:** |
| **Time:** | **Description:** | **Resources:** | **Key points/ Vocabulary:** | **How do we measure impact?** |
| **5-10 minutes (Depending on session duration)** | Workshop 1: Crossing the Road-The participants will be moving around the hall. When you hold the coloured cone up they need to do the command (Red= Stop, Orange= Jog on the spot, Green= move)-Understand the importance of knowing traffic light signals. -Line the participants up in 2 groups-In pairs you need to make some catches (these act like cars) -1 group at a time need to try and walk from one side to the other to avoid the ‘cars’-once completed the next group get the opportunity.-Discuss the importance of stop, look and listen. Talk about crossing at safe placesWorkshop 2: Public Transport-Split the group into smaller groups. In these groups they must work out how to get from ‘A’ to ‘B’-You will give the group a task (Get from Red to Yellow) The cones act as ‘stops on a bus route’ -Discuss how this works, how is this like a bus/ train route, discuss any fears participants may have using this in future.-Place different Items at the last stops (to replicate a shopping trip). Ask the group to plan the route (go from the Stumps to the Cricket ball to collect a bib and then take that to the cricket bat)A picture containing shape  Description automatically generated  | Cones (Red Orange and Green). Tennis balls (1 per pair)Cones (Different colours for different lines) cricket equipment (to act as bus stops) | Red, Amber, Green, Stop, Go, Get Ready, Cars, Stations, Routes.  | Use of questioning to gauge understanding participant feedback to ensure correct learning. |
| **Session Analysis: Coach feedback required.**Has the session been a success? How? How can we measure this next week? How can we measure this in a months time? Have the participants adopted the new methods? |
| **Step 1**-Identifying themes: Do we know how a traffic light system works? When is it safe to cross a road? Can we understand a Bus/ Train map?**Step 2**-SMART objectives: To increase awareness of how to cross a road effectively and to feel comfortable using public transport.**Step 3**- ImpactTarget Audience? Everyone in the session. People who haven’t used public transport alone.Where?-In sessionsDelivery-Use of questions and recapping either side of an engaging, practical activity that involves cricket skills.When?-During weekly Super 1s hub sessionsExpectation- For players to be able to relate the cricket game to a real-life scenario.Cost to run Workshop- Free**Step 4**-Super 1s coach to capture data, oversee the activity and evaluate. (Who was in the session, stand out engagement, who will adopt change (Coach to complete and feedback)**Step 5**-Review: (Medium Term: did they adopt the outcomes. Long Term: are they continuing to use this in 3 weeks’ time).Goals of session:Short-term (Next week): Has anyone used public transport? Do we know how to affectively cross the road? Long-term(3 weeks time): Are people travelling to the sessions on PT, are people regularly crossing the road on their own. |