Workshop Template

Name: Programme:

Topic: Road Saftey Total time: 30 Age range:8/12

Workshop Aims

Resources

1. To help educate young people on road safety skills
2. To raise awareness of the dangers of the road

3.To help participants to cross the road safely

* Coloured Cones
* Soft Balls
* Bean bags (optional)

Short Term M&E

**Evidence of learning:** what questions are you going to ask at the start and end of workshop?

Do you know how to keep yourself safe when crossing the road? Yes/no

Do you know the dangers of the road? Yes/no

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| --- | --- | --- |
| Task | Time | Description |
| Intro- *select and introduce a theme for your session.*  Theme for the workshop:  Road Safety | 5 | Ask participants if they know how to keep yourself safe when crossing the road- making sure to record how many said yes and how many said no.  Have an open discussion about recognising safe crossing places on the road and highway code and rules of the road. |
| Main workshop Activity ( Making sure it fits in line with your session aims)  Task Name: |  | Create two boxes using cone, red for dangers of the road and green for safe. With each scenario encourage participants to have a chat about why it is safe or not.  Provide the group with scenarios.  ‘ A person looks both ways before crossing the road’  ‘ Running across the road before the green man shows’  ‘Walking across a zebra crossing before stopping’  ‘wearing headphones before crossing the road’  ‘ running on the edge of the road’  ‘crossing when the red man is illuminated’  ‘ |
| *Optional but great to utilise.*  *Physical Activity- this section is designed to keep engagement and improve learning. Continue reiterating workshop points throughout a physical activity of your choice ( see top tip at the bottom for an example).*  Task Name:  Crossing the road safely – putting it into practice |  | Split groups into fours. Each group creates a road out of cones. Nu  One participant stands at the side of the road, the other two are stood on the left and right side of participant one. Participant 1 has a ball, participant four has a red, green cone and soft balls/beanbags. Before crossing the road, participant 1 has to throw the ball to 2 and 3 (reiterating they should look left and right before crossing the road). If they think it is safe to cross once thrown and caught the ball on both side, they can try to do so. This is where participant 4 comes in, they have the choice to hold up a red cone which represents a red man (not safe to cross), green cone which represents green man (safe to cross) or throw balls/beanbags which are representing. Making sure participants rotate positions so they all get a go at crossing the road safely |
| *Round up of workshop (making sure to ask the same question as you did at the start to see what learning has taken place)* |  |  |

**Top Tip for developing/delivering workshops**

Sport has the power to provide a universal framework for learning important life skills. Integrating cricket/ physical activity is an effective way to increase participants ability to learn, and apply new skills and knowledge.

Although the break from workshop section is optional, I want to encourage you all to make use of this section to help create workshops that are effective and engaging for participants.

One way to do this is to change the name of a cricket activity or add new rules in relation to the workshop to help drive learning throughout. For example, if the workshop was on cyber safety, every time someone hits the ball, they must shout one way to stay safe online. Every time, someone catches someone out, they state a organization/person they can contact If they feel unsafe online.