

Street Feet

Workbook



North

Yorkshire County Council

This book belongs to:

Sandford needs your help!

Sandford is a busy place,
with lots of problems. This book will help
you learn about these problems and
how they can be solved.

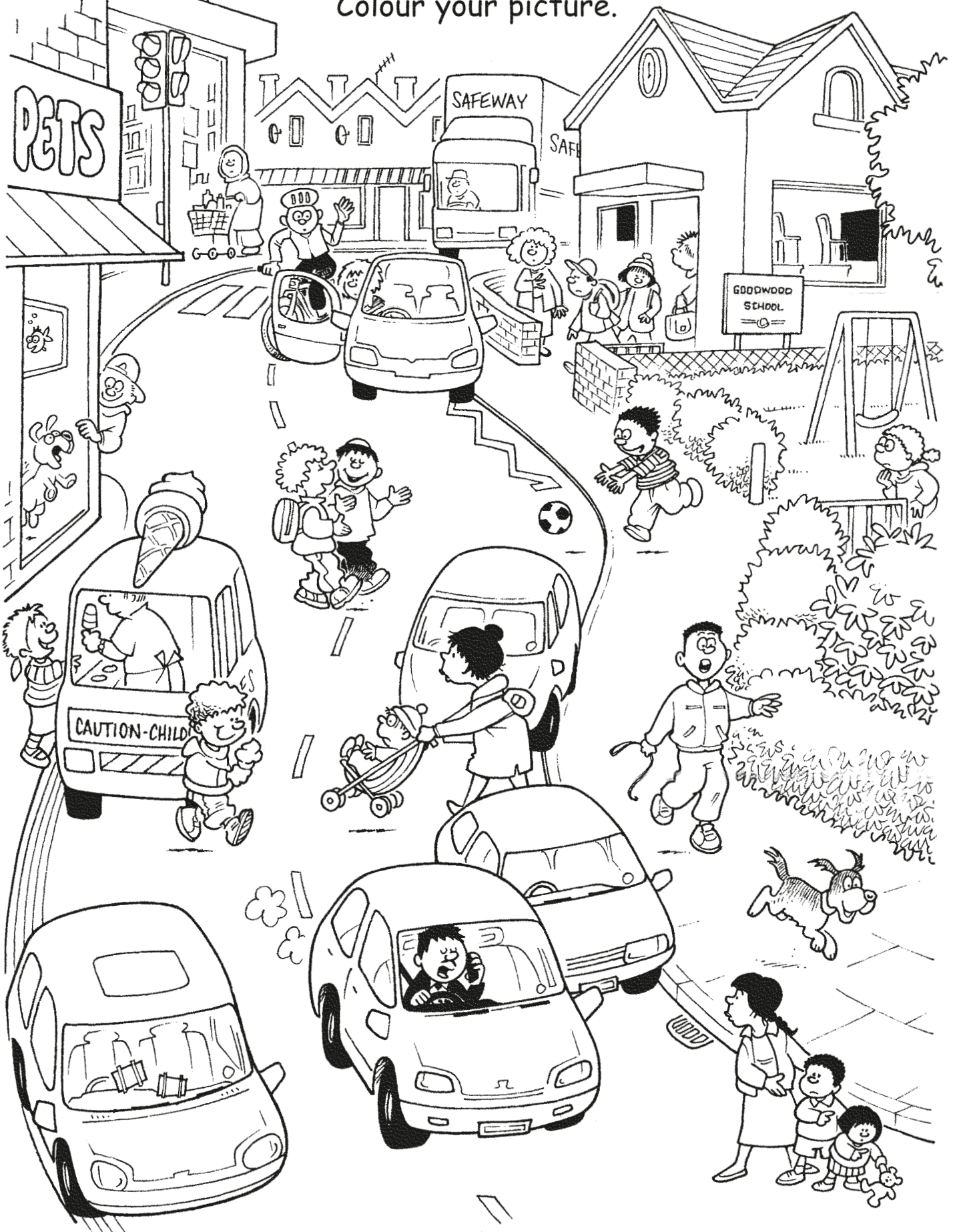


When you see this sign, use Picture 1 (in flap
at back of book) to help you with the task.

Who could be hurt in this picture?

Tell your teacher why.

Colour your picture.



Spot the accident waiting to happen.

Accidents in Sandford often happen near to school when it is busy with cars.



Look at Picture 1.

Work in pairs to spot who may cause an accident.

Write your answers on the chart.

Picture 1

AMBULANCE	
Who is doing what wrong?	What should they have done?
The lady in the light green car has opened her door so the cyclist might skid in the rain and crash into it.	She should have parked away from school and walked the rest of the way with her child.

Illustrations of children and a teacher are scattered around the chart.

Wordsearch

Can you find the walking words in the wordsearch?



walk
exercise
shoes

tabards
children
walking bus

road
pavement
feet



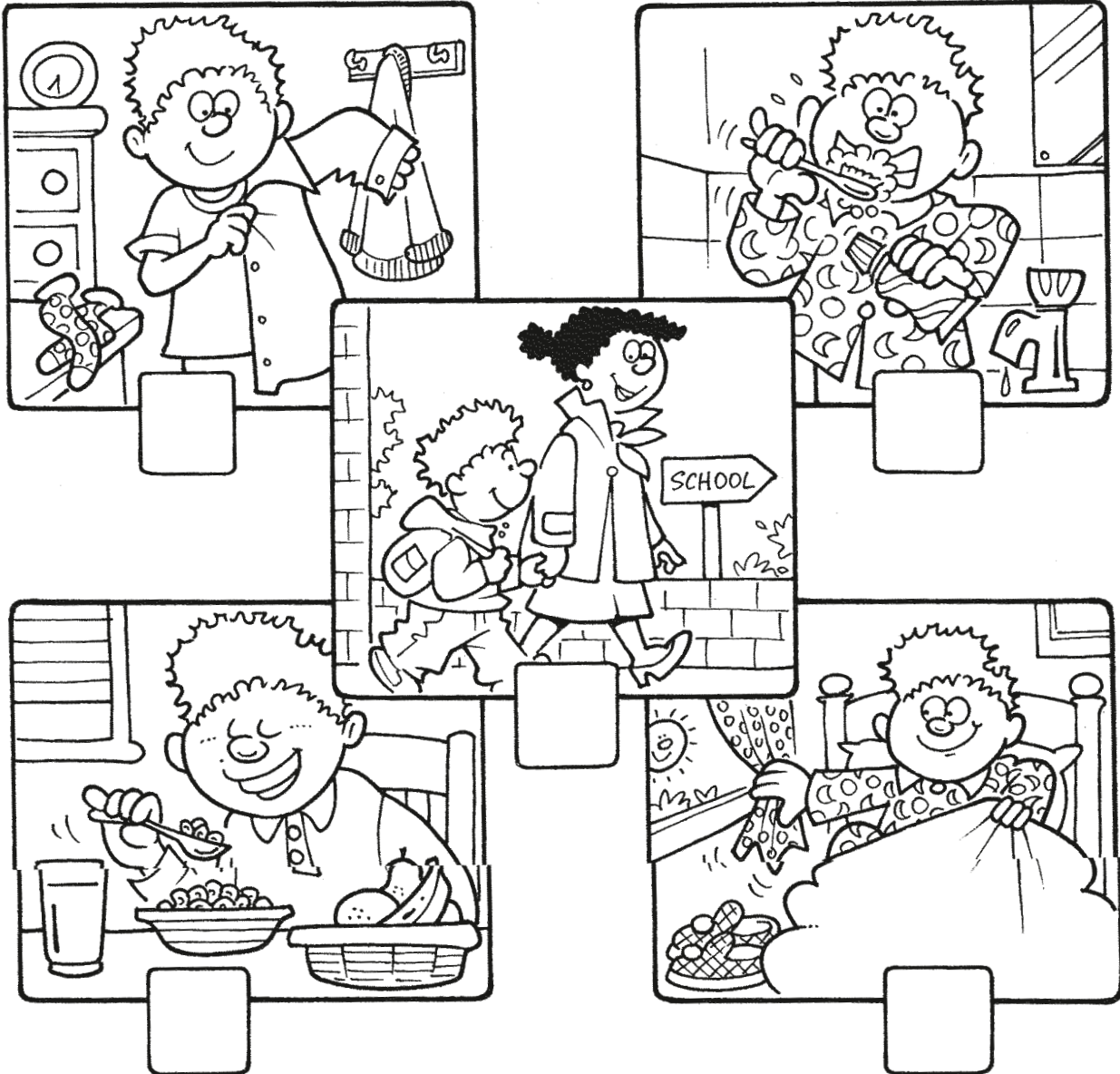
w	w	t	n	e	m	e	v	a	p
z	a	t	a	b	a	r	d	s	t
o	l	l	n	o	b	o	q	e	h
x	k	f	k	w	r	a	u	f	i
u	j	c	h	i	l	d	r	e	n
m	p	s	e	d	n	o	k	e	c
r	k	h	d	y	l	g	v	t	e
b	i	o	g	a	z	e	b	t	r
e	x	e	r	c	i	s	e	u	h
o	c	s	u	h	o	t	e	q	s



Make a story

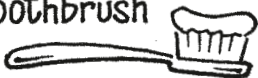
This story is in the wrong order.

Write the numbers 1 to 5 under the pictures to put it right.

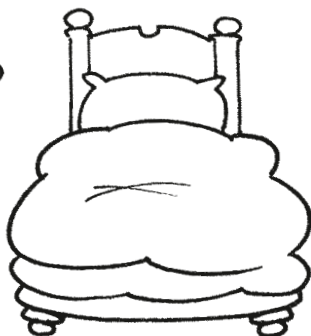


Find these things in the pictures.

toothbrush



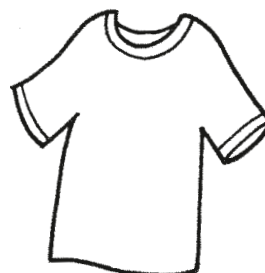
slippers



bed



orange juice



T-shirt

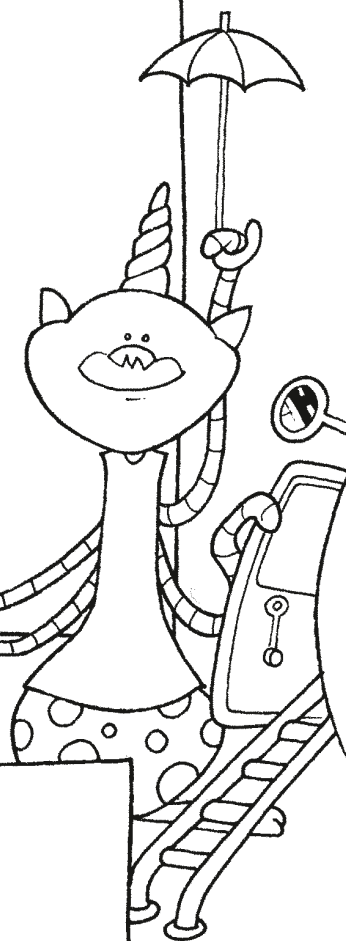
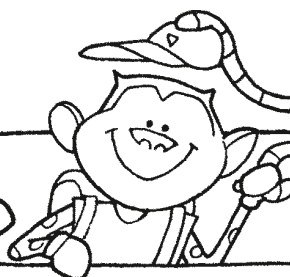
socks



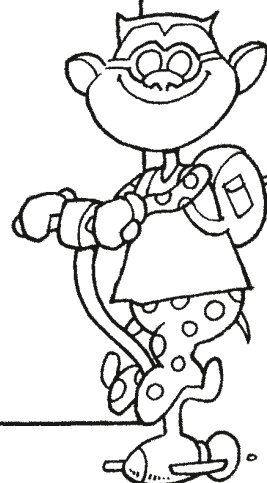
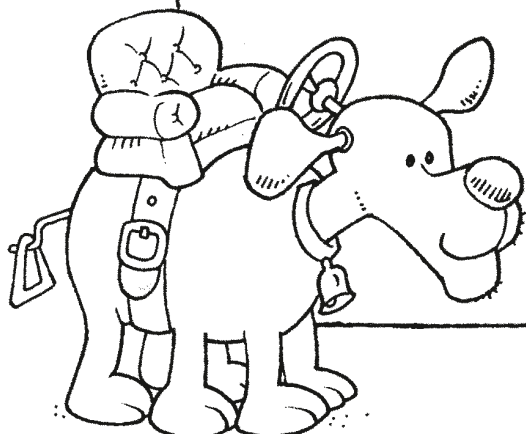
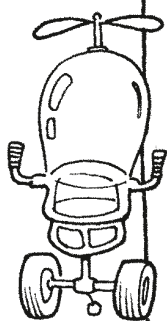
I come to school with..

Draw yourself here

Who brought you to school today? Draw them here..



Draw how you came to school here..



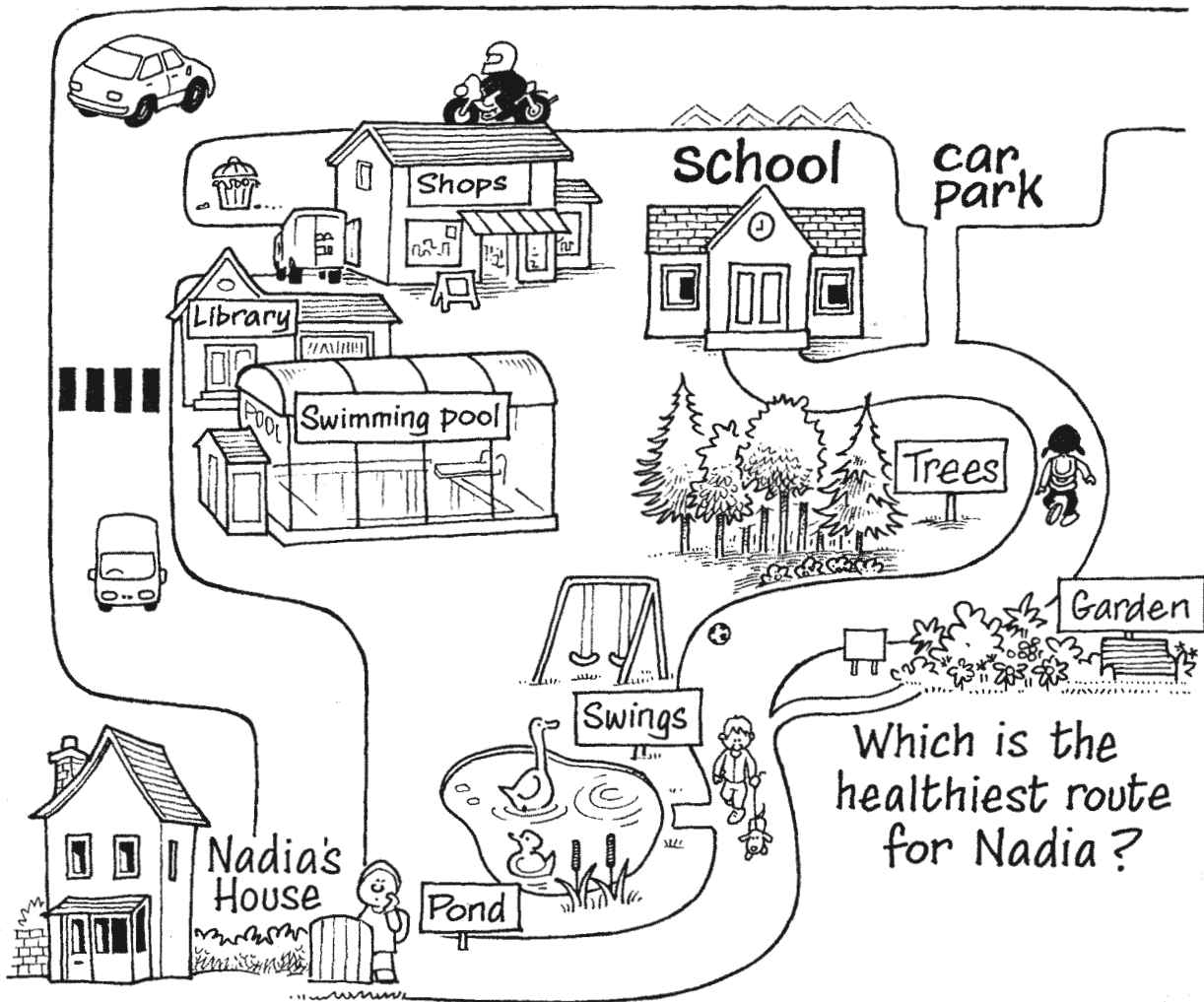
Find your way!

This is the area where Nadia lives.

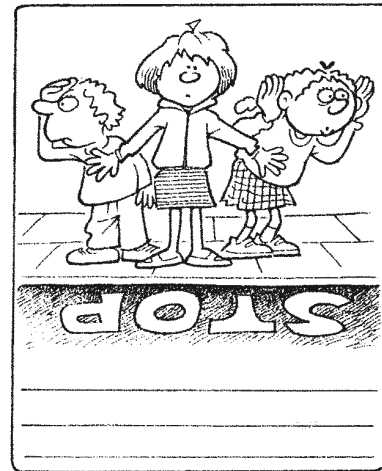
- Draw Nadia's walking route to school on the map in red.
- What does Nadia pass on the red route?



- Draw Nadia's car journey to school on the map in green.
- What does Nadia pass on the green route?



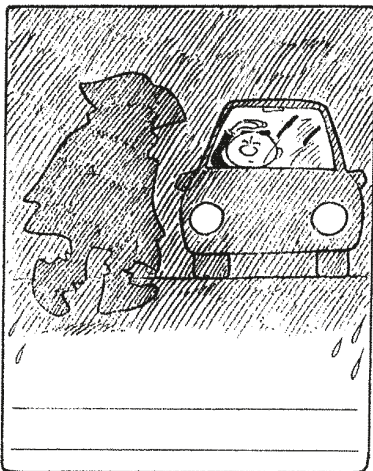
Match the correct warning to each picture,
then colour your work.



Drivers are dazzled by
sunlight - be seen and
wear something bright.

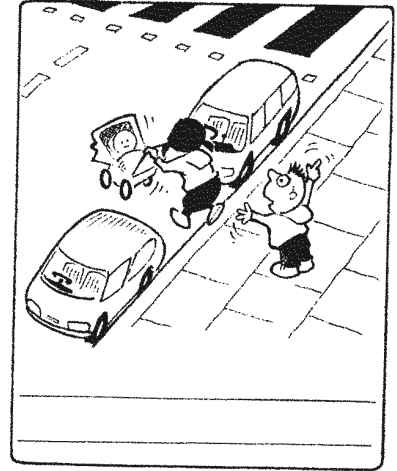
Stop, Look and Listen -
look out for your life.

Use your ears to
check it's clear.



In fog and rain, use your
brain - see and be seen.





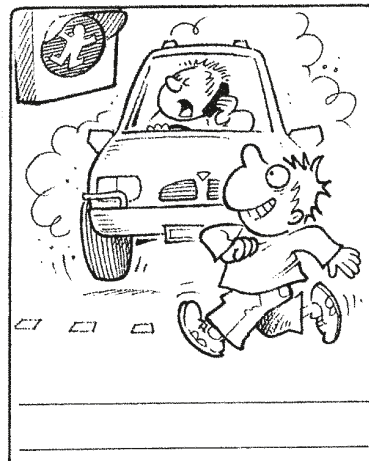
Don't let your life be lost—find a safer place to cross.

Get a grip—don't slip

In ice and snow, make sure cars stop before you go.

Be a bright spark in the dark.

The Green Man says 'Go', but take care—you never know.



Walk to school game.



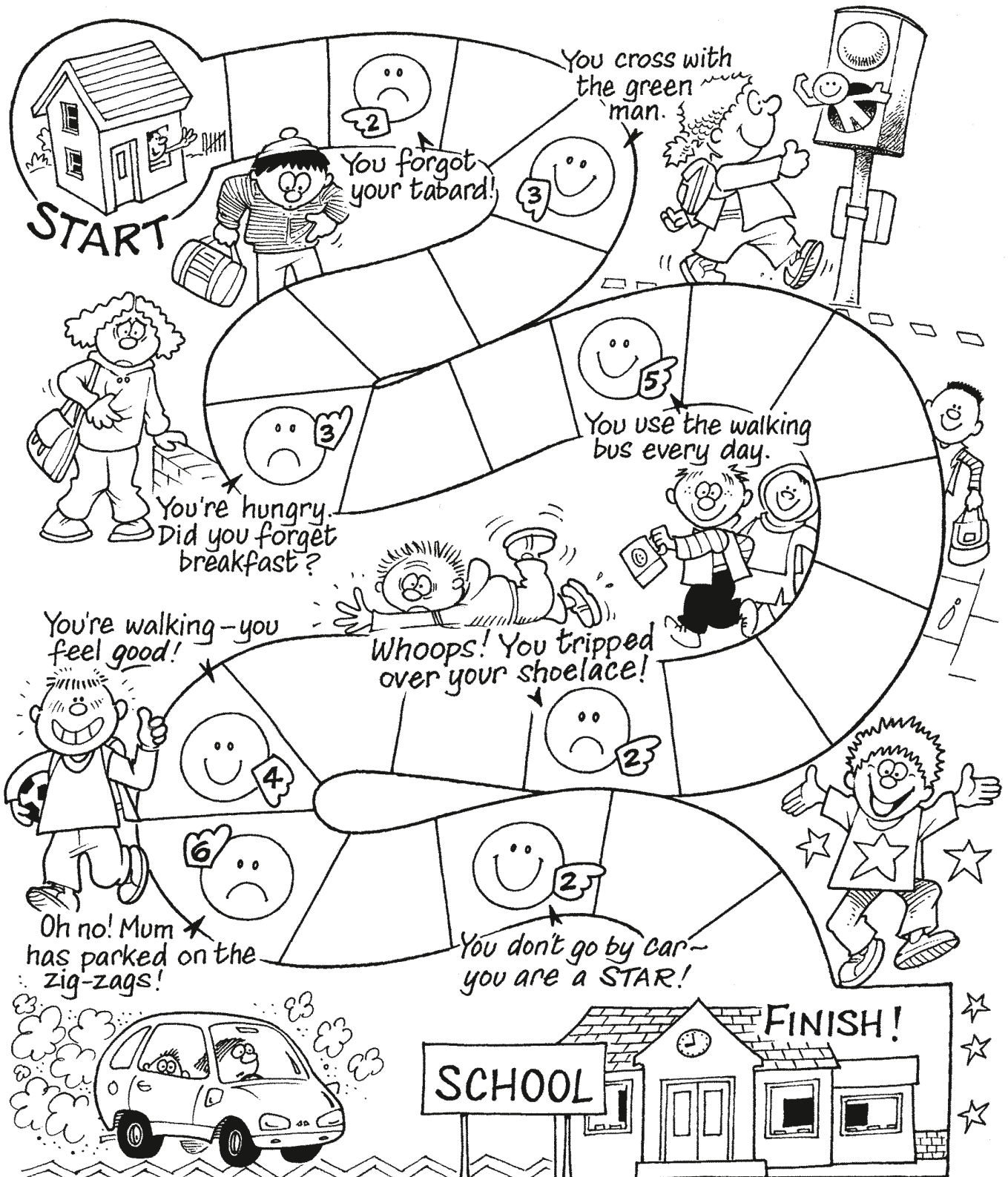
You will need 2 counters and a dice.



If you land on a smiley face go forwards.



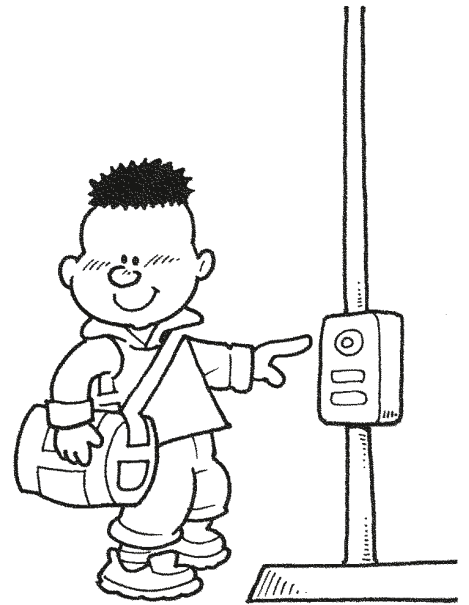
If you land on a sad face go backwards.



Using a Pelican Crossing

Jim is using a safer crossing place.
It is a Pelican Crossing.

Can you find all the hidden words
in the wordsearch below?



g	t	r	a	f	f	i	c
o	w	s	t	u	d	s	r
p	e	l	i	c	a	n	o
w	s	o	m	a	n	g	s
a	t	o	r	e	d	r	s
i	o	k	s	a	f	e	i
t	p	l	i	s	t	e	n
f	l	a	s	h	i	n	g

pelican
crossing
green
red
man
flashing
wait

traffic
stop
look
listen
studs
safe
go

How do we move?

Our skeleton is made up of different bones joined together, this lets us bend, if skeletons were one solid bone we would not be able to move at all.

Where two different bones meet each other it is called a 'joint'.

Colour the joints on the skeleton in red and label them using the following words:

hip

shoulder

knuckle

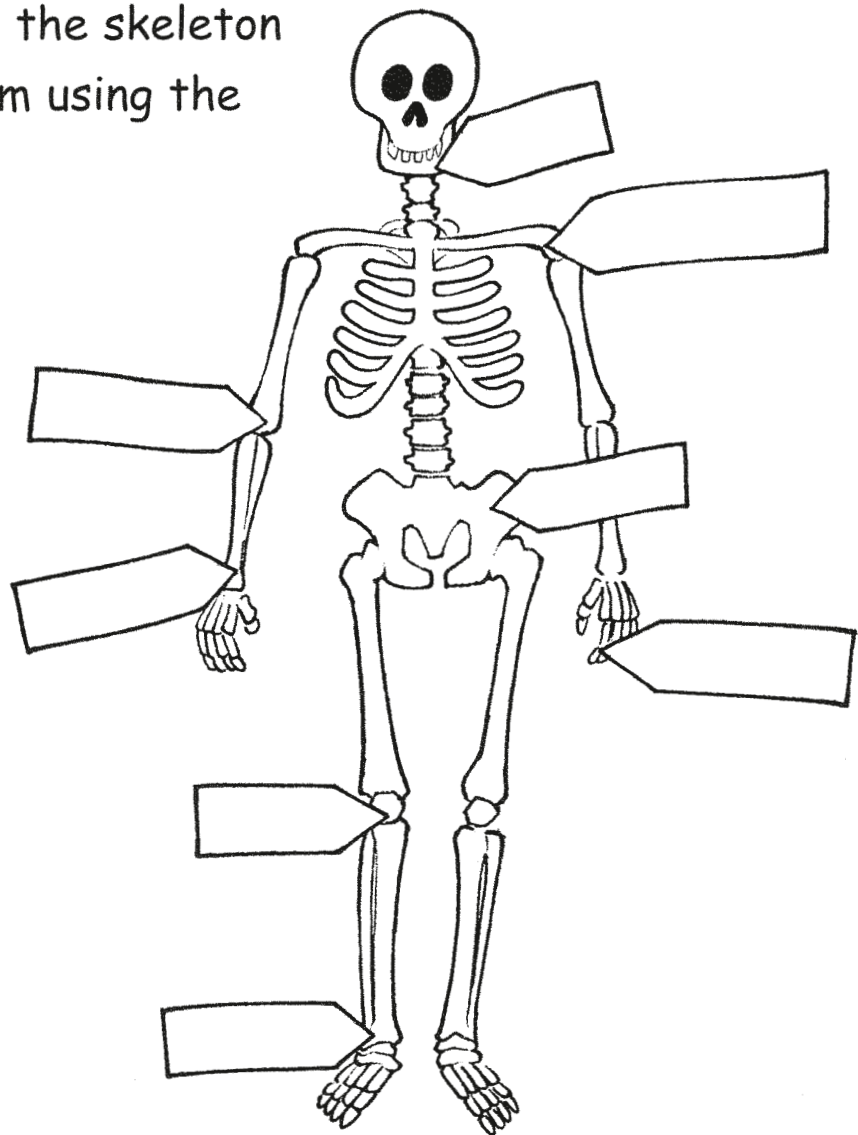
jaw

wrist

elbow

ankle

knee



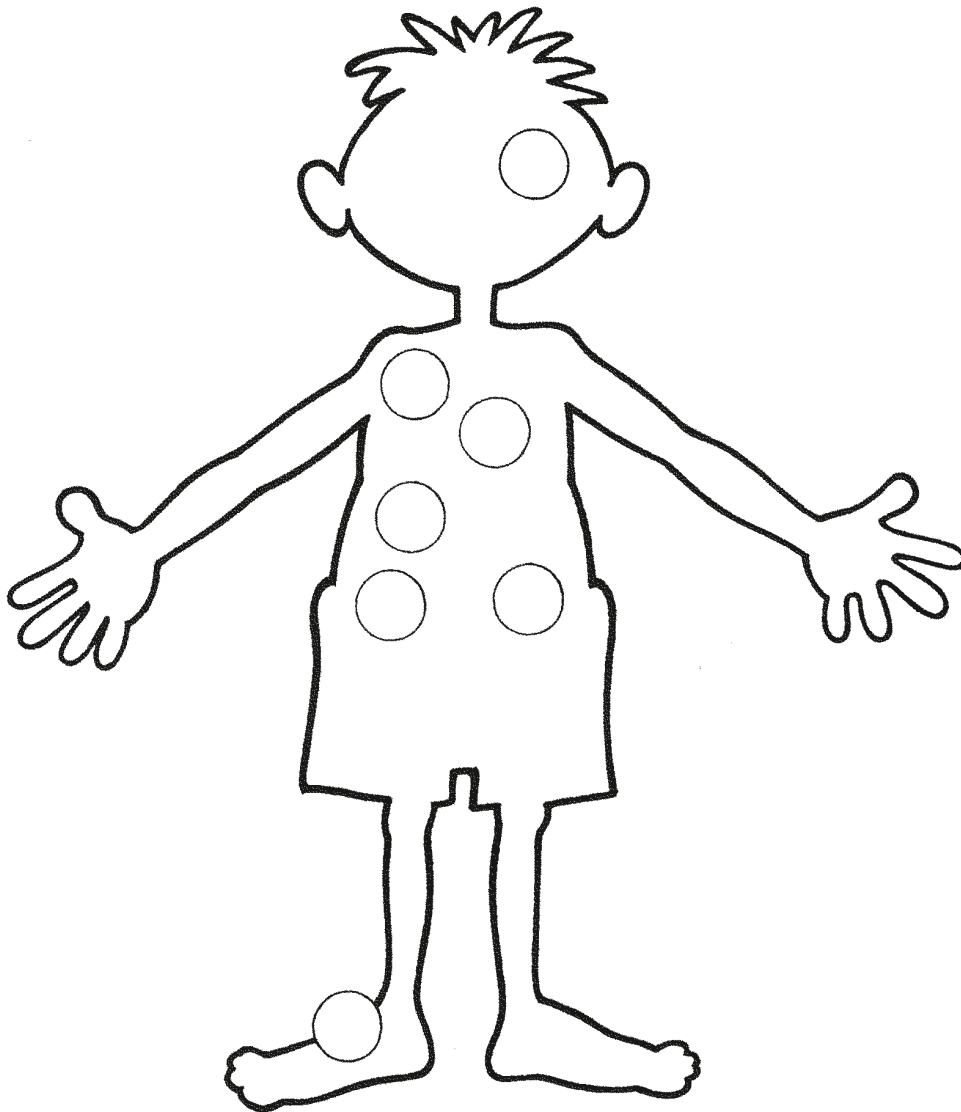
Bones cannot move on their own, muscles are attached to them to make them move. Muscles move bones by **contracting** (becoming shorter and fatter) and **relaxing** (becoming longer and thinner).

A walking start is good for your heart.

During exercise your heart works hard. This helps to keep it healthy and keep you fit.

Your heart is to the left of your chest. If you put your hand on your chest you may feel your heart beating.

Draw a heart shape in the circle where you think your heart should be.

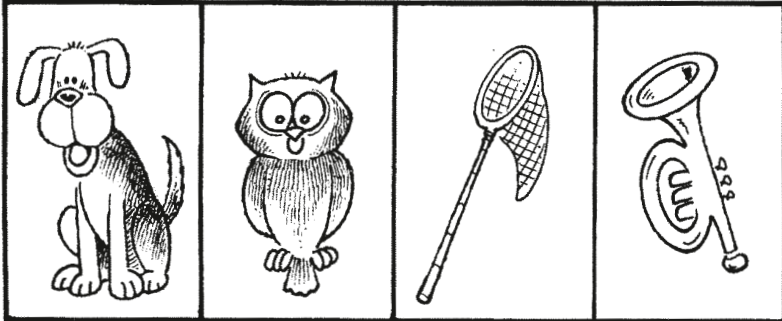


How does your heart work?

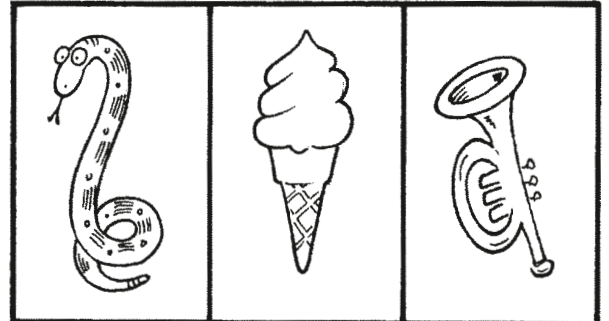
Your heart pumps blood around your body. It pumps by making itself smaller (contracting) and then relaxing to become larger (expanding), this squeezes blood through blood vessels in every part of your body. The blood takes food and oxygen to your muscles and organs.

Code breaker.

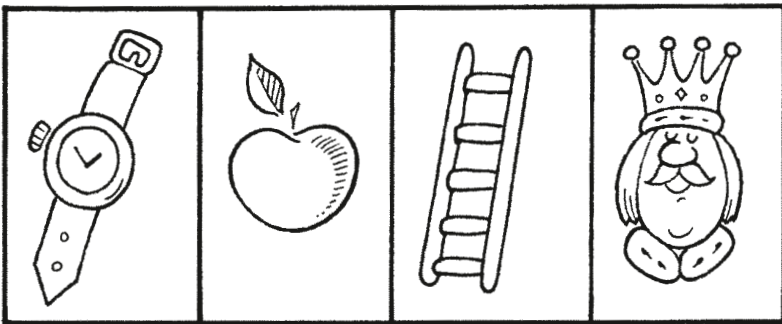
Look at the pictures. Write the first letter of each picture in the box. What does the message spell?



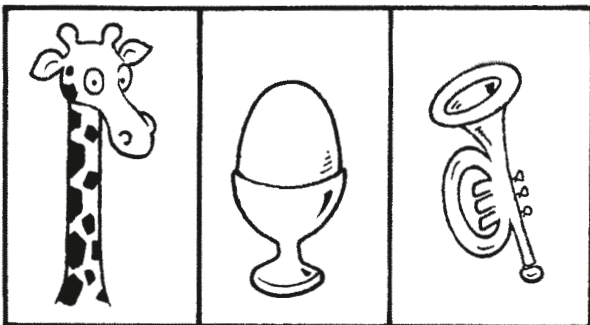
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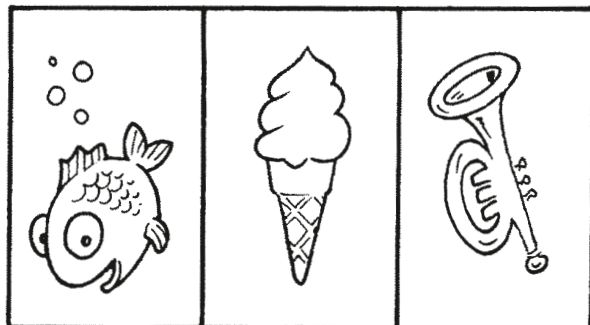
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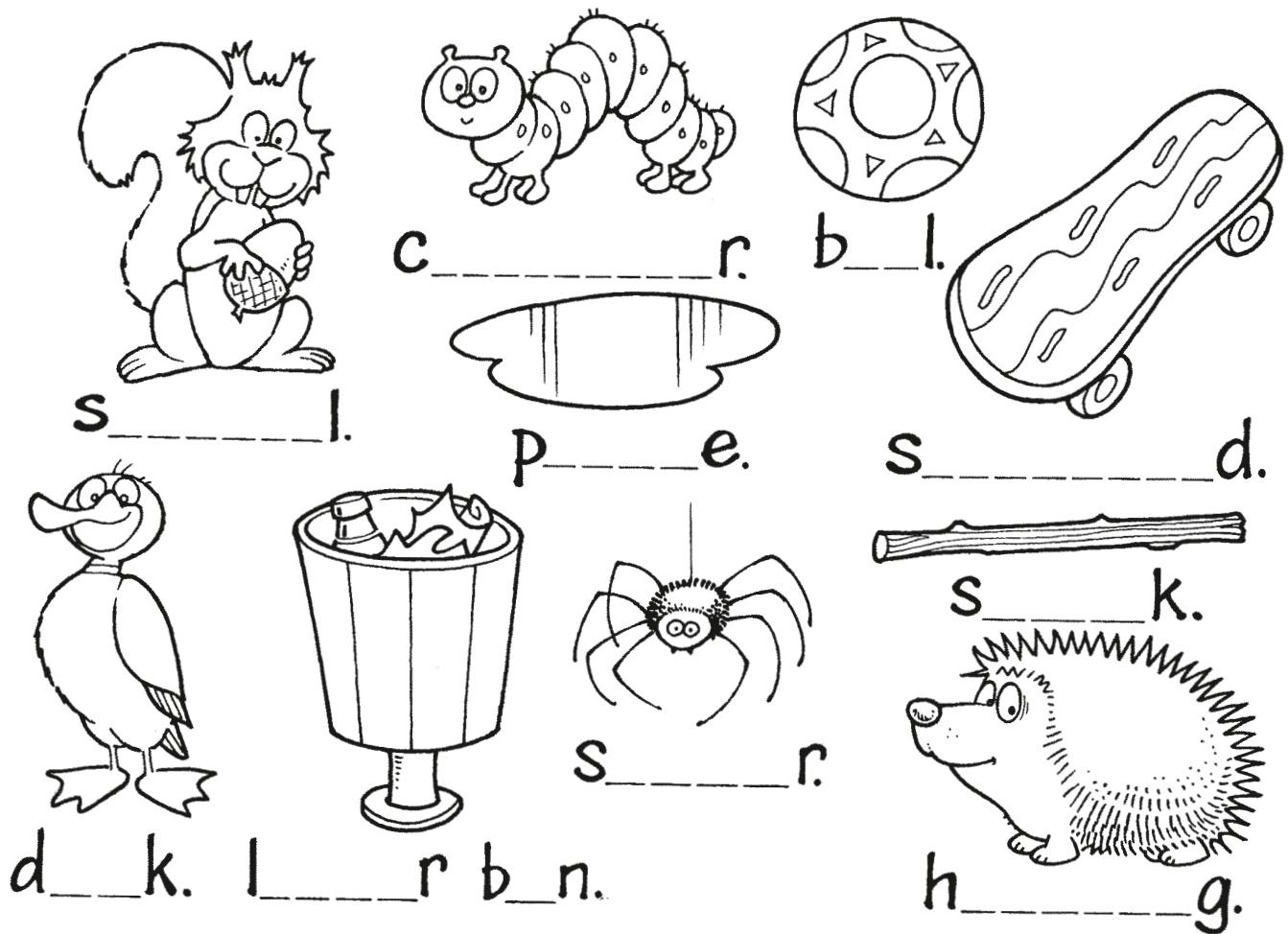
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Alive or not Alive?

When you walk you see lots of little things.
Look at what Anna saw on her walk to school.

1. Colour the things that are *alive* red.
2. Colour the things that are *not alive* blue.



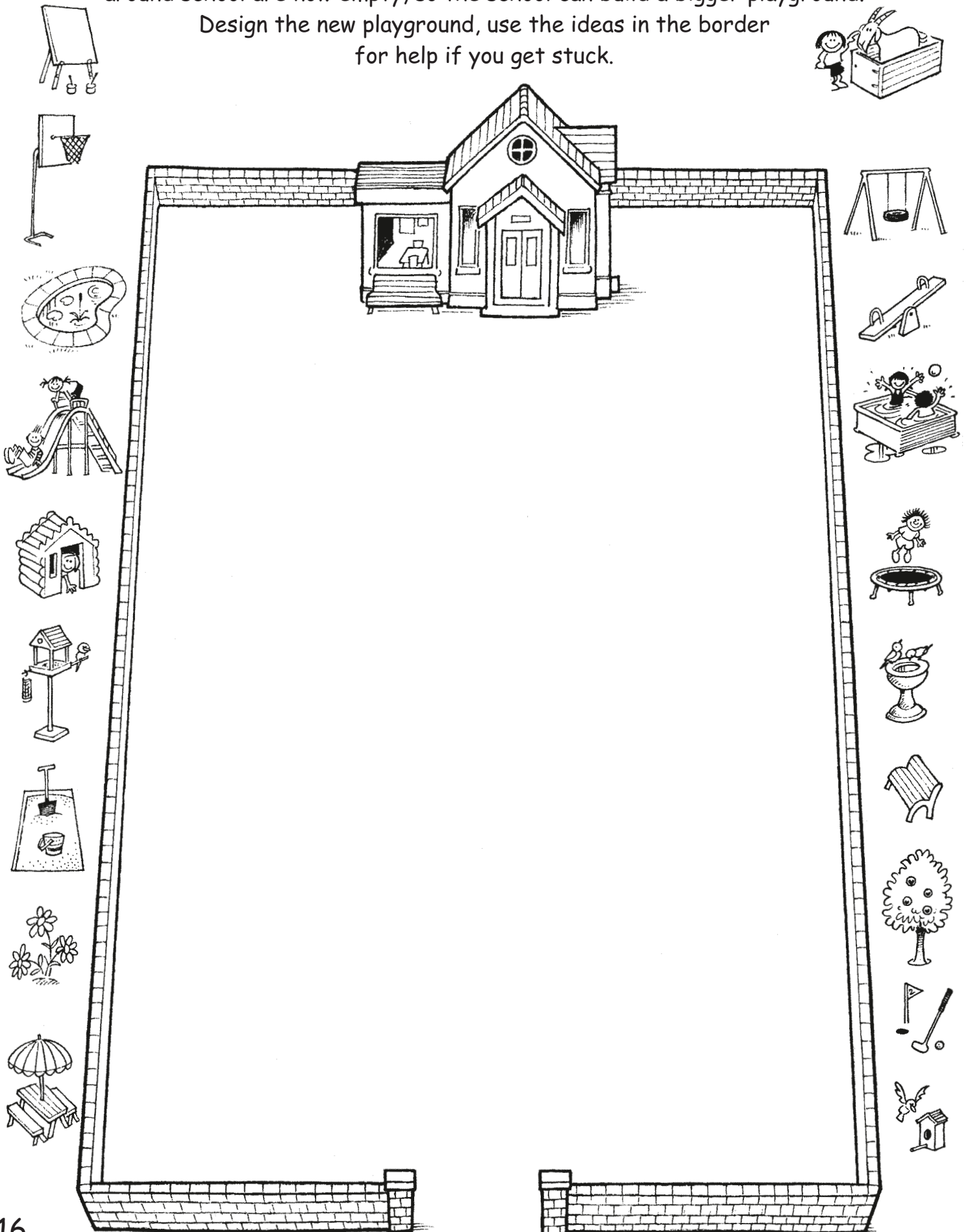
3. Write these words under their picture.

caterpillar litterbin squirrel
spider skateboard duck stick
hedgehog puddle ball

A new playground for Sandford School

Sandford School are pleased with their new walk to school schemes. The roads around school are now empty, so the school can build a bigger playground.

Design the new playground, use the ideas in the border for help if you get stuck.

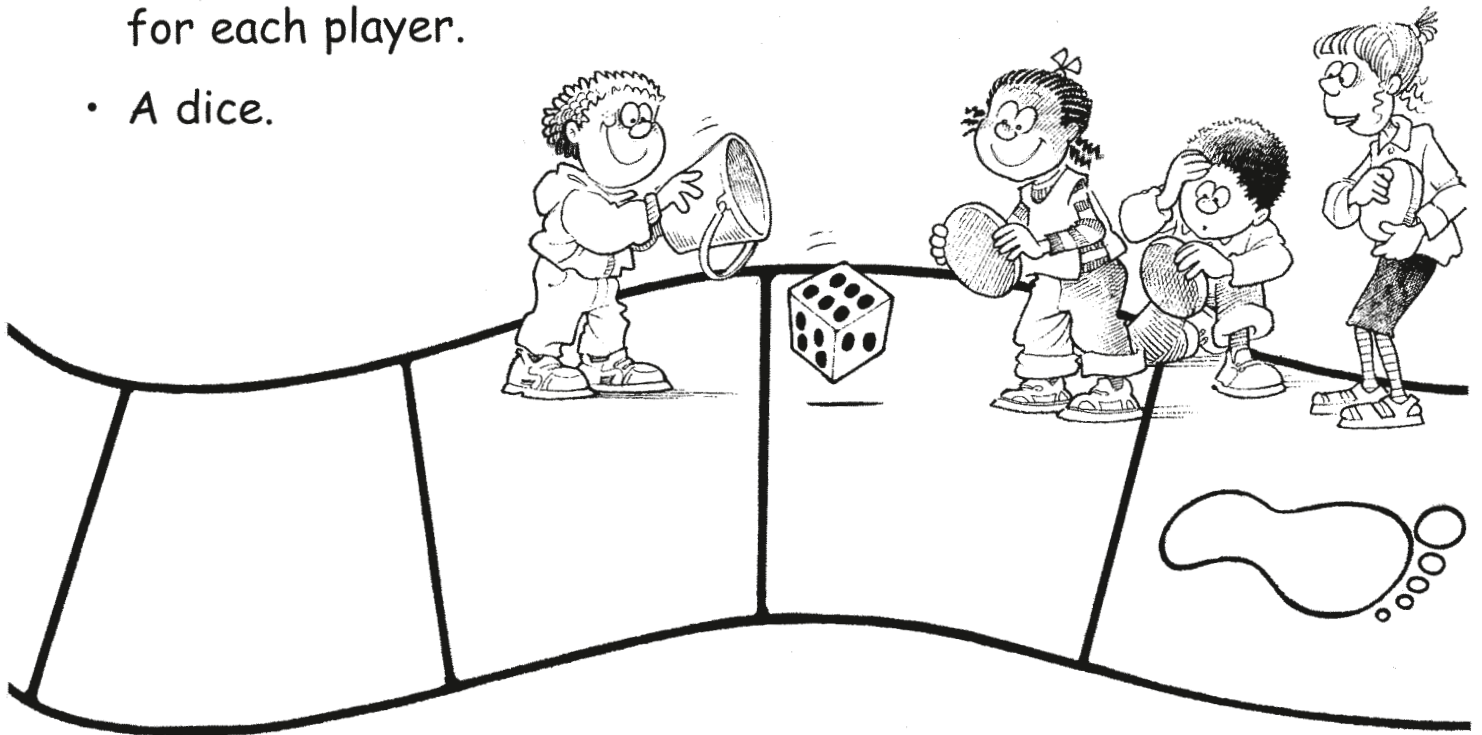


Walk to school game.

Over the page is a playing board for your game.

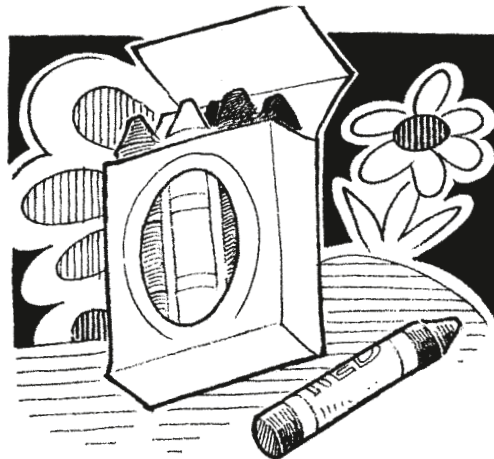
You will need:

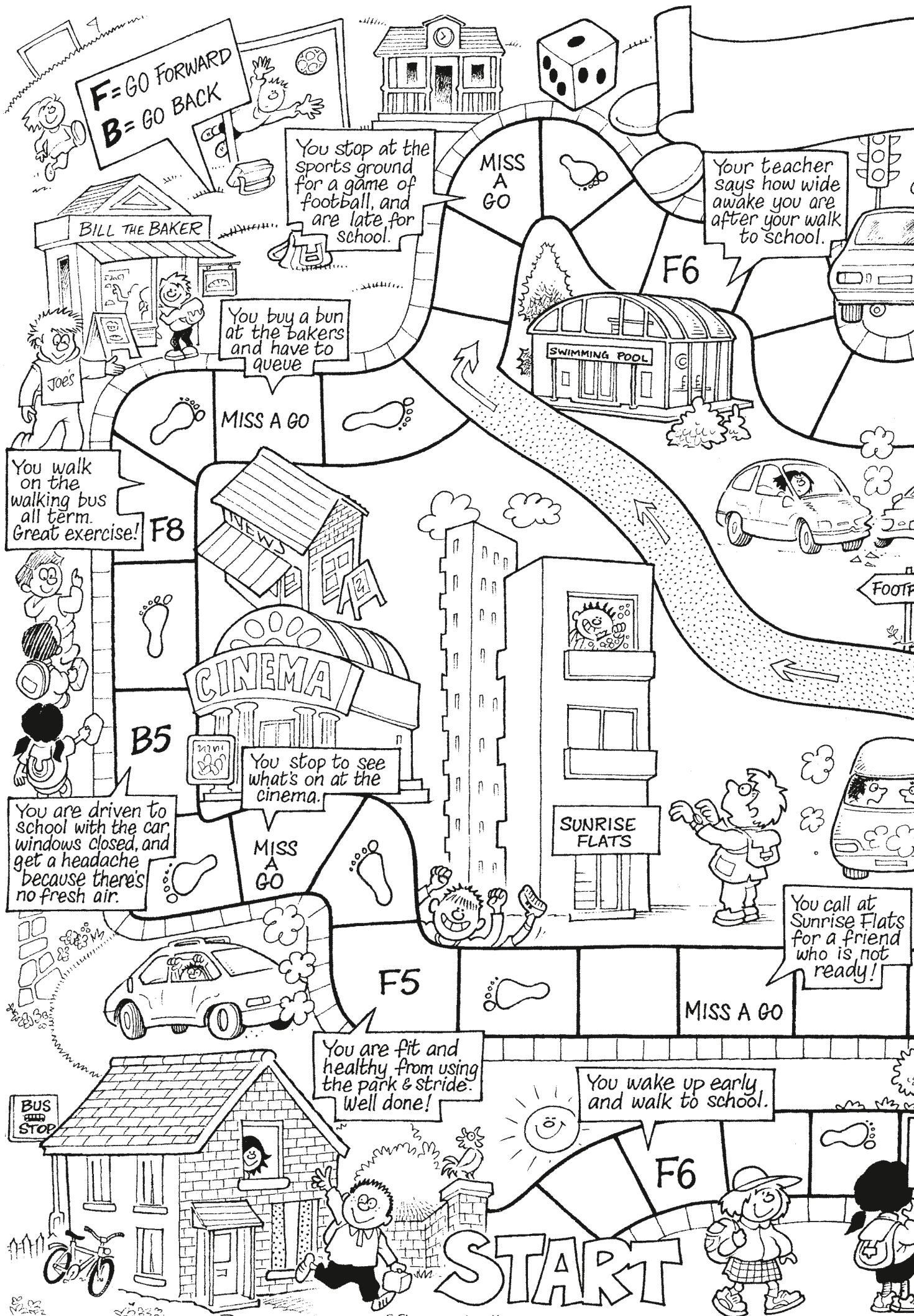
- 2-4 players
- A different counter for each player.
- A dice.



Before you begin...

- Colour in your game board - make it lively and bright.





Bus sense.

Using a bus is a good way to travel. Do you know why? Look for a clue on the bus.

.....

.....

.....

Write down 3 rules we must follow to keep ourselves and others safe on the bus



Contents

* Sandford Pictures

- Picture 1 - Before the new traffic calming schemes.
- Picture 2 - After the new traffic calming schemes.

* Bus Messages Activity

For more fun activities visit www.roadwise.co.uk

Acknowledgements

This resource book is based on "Street Feet", which was originally written by Katharine Oates, and developed by Wakefield Metropolitan District Council. The original Artwork was by David Lock. North Yorkshire County Council are grateful to Sue Wilson and Wakefield Council for permission to use ideas and activities from their "Street Feet" resource.

Picture 1



Picture 2



Bus Messages

1. Think of a message to encourage people to use the bus.
2. Write or draw your message onto the bus
3. Colour your bus and make it into a model

