



## LESSON PLAN

# Cars & Safety



STAGE  
**1-2**



DURATION  
**50 minutes**



SUBJECT  
**Health &  
Physical  
Education**



### RESOURCE OVERVIEW

In Australia, road trauma is the leading cause of death and second most frequent cause of hospitalisation among children aged 0-14 years. Each year, almost 100 children aged 0-12 years are seriously injured or killed as passengers in motor vehicles on Victorian roads. Learning how to be safe as a passenger can help reduce the risk to children.

In this lesson, students discover vehicle safety features of cars, learn about the 'safety door' for getting in and out of the car, and think about how they can be a safe passenger.

# Resource Details



## CURRICULUM ALIGNMENT

This lesson supports:

Recognition of situations and opportunities to promote students' own health, safety and wellbeing (VCHPEP074)

## RESOURCE REQUIREMENTS

In this lesson, teacher/s will need:

- A computer with internet access and projector, and/or digital whiteboard (to search for and show 360-degree view of a car)
- Pictures of seatbelts and restraints
- A picture of a car parked on the side of the road
- Chairs and classroom space (to represent the seating arrangement in a car)

## LEARNING INTENTION

In this lesson, students will:

- Learn about safety features of cars and how to be a safe passenger.

## SUCCESS CRITERIA

By the end of this lesson, students should be able to:

- Name various safety features of cars, including seatbelts and restraints such as baby capsules and booster seats.
- Identify the 'safety door' on a car.
- Explain how to avoid distracting the driver.

# Lesson Plan

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## Tuning in

APPROX. 10 MINUTES

Show students 360-degree view of a car (interior and exterior). Most car manufacturers have this on their website (for example this site for an interior: <https://www.toyota.com.au/camry#design> and this site for an exterior: <https://www.landrover.com.au/vehicles/discovery/index.html>).

Ask students to brainstorm all the safety features of the car. They may think of others that are not shown.

Write a list of students' ideas.

Show students the pictures below of different seat belts and restraints. Ask students to identify these and add to the list of safety items.

### Some basic safety features of cars:

- Inside: restraints/seat belts, door locks, airbags, handrails, rear facing camera (for reversing)
- Outside: headlights, reversing lights, indicators, brakes, hazard lights, mirrors, audible reverse signal (mainly in commercial vehicles)

### Some more advanced safety features:

- Electronic stability control (ESC)
- Reversing sensors and cameras
- Autonomous emergency braking (AEB)
- Lane keep assist (LKA)
- Blind spot monitoring (BSM)
- Fatigue monitoring systems (FMS)

## Main activity: Identify the safety door, discuss driver distractions, draw a diagram of a safe car

APPROX. 30 MINUTES

Use the pictures below to explain what is meant by: kerb, kerbside, road, roadside, passenger side, driver side, front door, rear door.

Explain why the rear kerbside door is called the 'safety door'.

*The 'safety door' is on the rear left. It is usually the safest door when a car is parallel parked because children get out onto the footpath and are not near passing traffic.*

Set out chairs in the classroom to represent the seating arrangement in a car. Role-play entering and exiting via the 'safety door'.

Talk to students about how they can avoid distracting the driver and why this is important. (Examples to prompt discussion include not asking the driver to look at something in the back seat, not making sudden loud noises, or reminding the driver not to use their phone if they're trying to.)

Ask students to draw a diagram of their family in a safe car. They should include car safety features, have everyone wearing seatbelts or restraints, and show that the passengers are not distracting the driver.

## Reflecting activity

APPROX. 5 MINUTES

Ask students to share their diagrams, pointing out the safety features that they have included. Ask students to identify the 'safety door' on their diagram and talk about what the passengers are doing to avoid distracting the driver.



# Resource Worksheet

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[www.roadsafetyeducation.vic.gov.au](http://www.roadsafetyeducation.vic.gov.au)