

YEAR 6 Lesson Plan



Objectives

To explain 5 key steps to travelling independently to school.

To be able to explain what impulse control is and strategies to help us be more mindful when using the road.

Lesson Takeaway

First journeys

Safe routes


Distractions

Impulsiveness and impulse control

Hook?

Secret Mission
Theme – Children getting text alerts with key learning challenges on.


Road Safety, travelling, independence, route, buddy system, distractions, danger, observant, concentration, impulsiveness, impulse control, consequences, neocortex, limbic system, reptilian brain, mindful.

 **WORDS**

How do you know they've learnt?

Using questioning and recapping

Building on previous year groups



Planned Questions

What is road safety? What will your first journey be? What do you need to consider before travelling on your own? What do you do if you get lost? What do you think impulsiveness means? Why is it so important to be alert?

How will everyone learn?

First Journeys - Video

Safe routes

Distractions discussion

The Brain Lab – Video

Impulse Control - Discussion

Learning Episodes

Introduction – What are our missions?

Re-cap what is road safety.

Introduce what will your first journey be? Video

What do you need to consider before travelling alone?

Discuss safe routes, safety, planning and buddying up.

Discuss distractions and being observant.

What is impulsiveness?

The Brain House - Video.

Watch the video then discuss the parts of the brain.

Strategies to help us be less impulsive.

Recap in pairs learning from today.

Takeaway – Children to share their learning with parents/carers at home.

Suggested activity – watch the video of Cookie Monster and complete the activity sheet.

Optional activity – Meditation for mindfulness and impulse control.