



ROAD SMART KICKSTART

YEAR 7 - 8 PROGRAM OVERVIEW

WHAT IS THE RSC ROAD SMART KICKSTART INCURSION PROGRAM?

The RSC Road Smart KickStart is an engaging, interactive program where students navigate various road safety scenarios using a hands-on gamified format. It offers both 55-minute and 110-minute sessions, focusing on road safety awareness and decision-making skills.

WHICH CURRICULUM AREAS DOES THE PROGRAM TARGET?

The program is designed to align with the 2025 Western Australian health and physical education curriculum area.



YEAR 7 - 8 • PROGRAM OVERVIEW



YEAR 7

Students will explore health practices and behaviours that enhance their community's health, safety and wellbeing. They will investigate emotional responses in various situations and select strategies to promote

health and safety. Additionally, they will learn about road rules and regulations. This foundational knowledge will prepare them for understanding the importance of safe road practices.

HEALTH & PHYSICAL EDUCATION: YEAR 7

PERSONAL IDENTITY AND CHANGE	Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these transitions.
	Managing emotional and social changes associated with puberty through the use of communication and problem-solving skills and strategies.
STAYING SAFE	Help-seeking strategies that young people can use in a variety of situations.
	Strategies to make informed choices to promote health, safety and wellbeing.
	Strategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied.
HEALTHY AND ACTIVE COMMUNITIES	Strategies to make informed choices to promote health, safety and wellbeing.
	Preventive health practices for young people to avoid and manage risk.
INTERACTING WITH OTHERS	The impact of relationships on own and others' wellbeing.
	Factors that influence emotional responses and behaviour.



YEAR 8

Building on their Year 7 knowledge, students will investigate strategies for managing changes and transitions while examining factors that influence emotional responses. They will continue to plan

and use health practices to enhance community wellbeing. This knowledge will consolidate their understanding of the importance of safe road practices.

HEALTH & PHYSICAL EDUCATION: YEAR 8

STAYING SAFE	Skills and strategies to promote physical and mental health, safety and wellbeing in various environments.
	Strategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied.
HEALTHY AND ACTIVE COMMUNITIES	Health promotion activities which target relevant health issues for young people and ways to prevent them.
INTERACTING WITH OTHERS	Strategies for managing the changing nature of peer and family relationships.
	Personal, social and cultural factors influencing emotional responses and Behaviour.

WHAT DOES THE 55-MINUTE SESSION INCLUDE?

- An engaging video narrative introduction to Mia, Tom and Charlie – three youths embarking on a road trip through regional Western Australia.
- Tactile and digital learning stations where students learn about: speed, distractions, fatigue, peer pressure and protective gear and devices.
- A 'final stop' escape room where students use clues and newly acquired knowledge to solve puzzles that will lead to their successful completion of the incursion.

Learning objectives:

Understanding safe driving and riding practices, analysing how choices affect road safety and developing strategies for promoting health and wellbeing.

HOW DOES THE 110-MINUTE SESSION DIFFER?

The 110-minute session includes all elements of the 55-minute session, plus:

- Community Task activity which leads to a grant proposal opportunity for schools (25 minutes)

Benefits:

Deeper engagement with concepts, more time for reflection, and application of learning to community contexts.





HOW ARE STUDENTS GROUPED DURING THE PROGRAM?

Students will work in groups of up to six. Teachers are encouraged to organise these peer groups before the incursion, using their discretion to create configurations that will enhance learning outcomes and experiences. Additionally, please designate one student as the group leader.

WHAT IS THE ROLE OF THE FACILITATOR?

Our expert facilitators guide students through the program, providing context, facilitating discussions, and maximising opportunities at each learning station. This will allow teachers to observe student interaction and engagement without the need to lead the session.

ARE THERE POST-INCURSION ACTIVITIES?

The Community Task, incorporated into the 110-minute incursion, is an interactive component where students apply road safety knowledge to local scenarios. They examine materials, view previous campaigns and brainstorm local solutions to improve road safety. The session concludes with presentations that emphasise collective responsibility.

For 55-minute sessions, teachers receive details to implement this task at a later date. The activity serves as a springboard for community grant applications (\$500, \$2,500, or \$5,000 levels), allowing schools and students to potentially bring their road safety initiatives to life. This extension provides real-world application and encourages ongoing engagement with road safety beyond the classroom.

