

The right formula

Taking driving into the classroom

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The Ultimate
Driving Machine

Project Planner (i)

Themes	Activities	Worksheets	Templates	Factsheets
DRIVING SKILLS				
1. Hazards	1a Think of a hazard...		1a Driving Hazards Form	
	1b Hazard Audit		1b Hazard Audit Form	
	1c Hazard recognition survey		1c Hazard Survey Form	
2. In-car protection	2a Protection for racing drivers			
	2b Protection for on-road drivers and passengers			2b About PACTS
	2c Who protects those outside the car?			2c Useful contacts
3. Speed matters	3a Racing scenarios	3a Racing scenarios		3a Race rules and regulations
	3b Risk assessment			3b Assessing risk – an example
	3c Stopping distances and speed	3c Stopping distance scenarios		3c Speed, velocity and safety
VEHICLE DYNAMICS				
4. Stopping	4a Friction is the key	4a Friction in action		4a About friction
	4b Quiz: How does a car stop?	4b Quiz: How does a car stop?		4b Newton's laws
	4c Braking systems			
5. Cornering	5a Tyres are important	5a Tyre markings		5a About tyres
	5b Staying in control			5b Staying in control
	5c Skidding			
6. Crashes	6a The force of a crash	6a Crash scenarios		6a What happens in a crash?
	6b Crash causes	6b Case studies		
	6c Too much technology?			6c Speed and technology

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Project Planner (ii)

Themes	Activities	Worksheets	Templates	Factsheets
FITNESS AND NUTRITION				
7. Keeping fit	7a How fit are you?	7a Questionnaire: How fit are you?		7a A healthy lifestyle
	7b Exercise and sport		7b Exercise and sport	7b What happens during exercise?
	7c Lifestyle Survey		7c Lifestyle Survey Form	
8. Fuel for the body	8a The right fuel for top performance			8a Eating for health
	8b Quiz: Body-works	8b Quiz: Body-works		8b The digestive system
	8c Energy needs			8c Energy consumption chart
9. Staying alert	9a A good night's sleep		9a Sleep diary	9a Sleep facts
	9b Know your drinks		9b Drink Survey Form	9b Liquid facts
	9c Sport and drugs			9c Effects of alcohol
COMMUNICATIONS				
10. Driven by design	10a Racing flags and road signs	10a Circuit or road?		10a Racing flags and Road signs
	10b Design for a racing team	10b The design brief		
	10c Design a race circuit	10c The brief	10c Project planning	
11. The media	11a Sport in the press	11a Sport in the press		
	11b Road safety in the media	11b Road safety in the media		
	11c Make the news			
12. Public relations	12a Communicating with the media	12a The right approach		12a Media communications
	12b Write a press release			12b Press release guidelines
	12c A radio interview			
13. What is a brand?	13a Brand values	13a Brand values		
	13b Examining a brand		13b Brand Survey	
	13c Develop your own brand			
14. Advertising	14a Advertising sport			
	14b Sport in advertising			
	14c Advertise your brand			
15. Sponsorship	15a Sports sponsorship			15a Why sponsorship?
	15b Sponsorship or advertising?			
	15c A sponsorship proposal			15c Sponsorship evaluation