

# MODULE 6: Fit for the Road



## EDUCATOR RESOURCE

Students explore the idea of being fit for the road. Students learn they need to be in a reliable condition to use the road.

Students identify a range of impairments caused by alcohol and other drugs, as well as fatigue. It is intended students will understand that being fit for the road is everybody's responsibility and in doing so they can help reduce the number of road incidents on our roads.

### MODULE OUTCOMES:

At the end of this module, it is intended that students will be able to:

- understand the concept of being fit for the road
- recognise the impairments caused by alcohol and other drugs on driving ability
- understand fatigue can impair driving ability as much as alcohol and other drugs
- develop strategies to reduce the impact fatigue can have on driving ability

### GUIDED DISCUSSION QUESTIONS:

- What does it mean to be “fit for the road”?
- What are some ways alcohol and other drugs can impair a person's ability to drive safely? How might these impairments affect decision-making or reaction time?
- How does fatigue impact driving ability? Why do you think it is considered as dangerous as driving under the influence?
- What strategies can you implement to ensure you are fit for the road? How can you encourage others to do the same?

### LEARNING ACTIVITY:

Students are presented with a range of situations that they may encounter when they become drivers. Students practice skills to deal with challenging or unsafe situations, such as refusal skills, communicating choice, expressing opinion and initiating contingency plans for situations around being fit to drive.

### AUSTRALIAN CURRICULUM LINKS:

Year 9 Content Description

**Learning Area:** Health and Physical Education  
**Strand:** Personal, Social and Community Health  
**Sub-strand:** Being healthy, safe and active

**Learning Intention:** refine, evaluate and adapt strategies for managing changes and transitions (AC9HP10P02)

Year 9 Content Description

**Learning Area:** Personal and Social Capability  
**Strand:** Self-Awareness  
**Sub-strand:** Emotional awareness

**Learning Intention:** reflect on emotional responses to different situations (AC9HP10P06)

Year 9 Content Description

**Learning Area:** Personal and Social Capability  
**Strand:** Self-Management  
**Sub-strand:** Goal setting

**Learning Intention:** adapt goals and plans, apply strategies, evaluating their suitability and effectiveness (AC9HP10P08)

Year 9 Content Description

**Learning Area:** Personal and Social Capability  
**Strand:** Self-Management  
**Sub-strand:** Perseverance and adaptability

**Learning Intention:** devise, evaluate and adapt strategies to engage with unexpected or challenging situations (AC9HP10P08)