

Motorway: Project Worksheets

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Practise as outlined in the method notes
- Complete the evaluation sheet
- Reflect on the outcome of the practise

Method

Ideally you will be able to spend at least one hour, ideally two hours on a dedicated motorway practise drive. If this is not practical because of your location*, do this project as soon as an opportunity arises – even if it is after you qualify.

**if there is a motorway within 90 minutes of your location we would consider it reasonable to complete the project.*

During your drive pay attention to/include the following:

- Entering and leaving a minimum of twelve motorway junctions.
- Overtaking and lane-changing using all lanes.
- Maintaining a minimum two-second gap without the need for braking.

Complete your goals sheet before your practise and revisit them afterwards, scaling yourself on any specific goals that are not covered by the general results sheet.

Goals and reflective notes are required for this project as are the 'working notes'.

Motorway: Goals

Name: Date

The three main things that I want to achieve during my motorway practise are:

1.

2.

3

Now consider the evidence that will tell you that you have achieved your goals. What will be different, what will you see, hear and feel differently?

I will know when I have achieved the three goals above when:

1.

2.

3.

Motorway: Results

Name: Date

After completing your initial motorway practise, scale yourself and formulate key point actions for change.

Consider both skills *and attitude* and be honest with yourself!

Topic	Current Rating	Changes to achieve current Rating + 2
<i>Reading the road</i>		
Watching for brake lights at least half a mile ahead		
Awareness of others 'travelling with you'		
Acceleration sense (driving without the need for brakes)		
<i>Use of signals</i>		
Early signals; well before manoeuvring		
Signals always cancelled after use		
No unnecessary signals		
Anticipation of other driver's signals		
<i>Following distance</i>		
Habitual use of a minimum two-second gap		
<i>Road position</i>		
Lane discipline		
Awareness of heavy vehicles when driving in lane three		
<i>Overtaking/Progress</i>		
Overtaking when possible		
Making maximum legal progress		

Additional notes:

Motorway: Reflection

Name: Date

Use this sheet to write your reflective notes about your motorway practise.

Your completed notes form part of the coursework required for assessment.

- What have you learned?
- What have you learned about yourself?
- What do you need to improve?
- Where/how will you use the learning?

But you are not limited to these points and are encouraged to write anything that is relevant for you.