

# *Moving off & Stopping: Project Worksheets*

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Initially practise moving off and stopping for 30/40 minutes
- Make a brief key point plan for further improvement
- Reflect on the outcome of the practise

## *Method*

The purpose of this exercise is to develop your ability to move off and stop safely. This must be habitual and consistent.

Begin by using the 'scaling' method to assess your *current* ability: use the online notes and information from the DVSA driving manual to determine what a 'ten' is and score yourself against that yardstick.

Record your results below.

When you have determined your personal goals for the session, go out and practise moving off and stopping for about 30-40 minutes following the guidelines in the online notes.

Record your progress on the record sheets. Score your performance on a scale of one to ten for each key point. Be honest with yourself, if it's only right 50% of the time score yourself accordingly.

## *Goals and reflection*

While you will start by setting your goals for this exercise you might revisit these after completing other junction exercises.

Reflective notes are required for this project as are the 'working notes'.

## *Moving off & Stopping: Goals*

Name: ..... Date .....

The three main things that I want to achieve with regard to 'moving off and stopping' 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.

## Moving off & Stopping: Achievement Targets

Name: ..... Date .....

Using the scaling method, score yourself before and after your initial 30 minute drive. There are eleven assessment criteria therefore the average score for the exercise as a whole will be the total score divided by eleven. At the end of each session make brief key bullet point notes as a plan for improvement.

	Before	After
<i>When moving off I consistently:</i>		
Use the appropriate gear to move off on the level, uphill, downhill and at an angle.		
Resting left foot on the floor when the clutch is fully engaged		
Take effective observation before moving off making a sweeping six point check		
Maintain full control of the car and move off smoothly		
<i>When stopping I consistently:</i>		
Select a safe stopping position when parking		
Use mirrors well before stopping in all situations		
Signal when necessary (parking)		
Stop smoothly uphill, downhill and on the level when parking		
Stop smoothly uphill, downhill and on the level when stopping in traffic and at junctions		
Avoid coasting excessively when stopping		
Apply the handbrake before selecting neutral		
Total score		
Average score (total score divided by 11)		

*Action required for improvement:*



## *Moving off & Stopping: Reflection*

Name: ..... Date .....

Use this sheet to write your reflective notes about your 'moving off and stopping' experience so far with this exercise.

Your completed notes form part of the coursework required for assessment. Please contact Training Support for details of how to submit your work.

- 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.