

# Swan Lake – Project Worksheets

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Practise smooth driving for approximately one hour
- Make a brief plan for further improvement
- Reflect on the outcome of the practise

This is a fun project! You can complete a similar exercise using an 'accelerometer' app – but you won't laugh as much. Our experience is that this exercise gets better results than using an app...

## Method

Follow the simple steps outlined below and record your results on the 'Swan Lake' worksheet.

1. Part fill a small bowl, with water, about two-thirds full. A small kitchen bowl or pet dish with a flat bottom is ideal.
2. Place this on the floor of your car in the passenger foot-well (or preferably on the dashboard if possible).
3. Drive around a short circular route of about two miles.

The object of the exercise is to drive around without spilling the water. You should be able to achieve this at speeds up to 50 m.p.h. (speed limits permitting).

The ideal routes will include quiet, out of town 'A' roads, progressing on to more challenging roads as your skills develop.

The results will show you which aspects of your driving you need to work on the most in order to achieve finesse. Record your results on the worksheet.

# Smooth Driving Goals

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

The three main things that I want to achieve with regard to gear use and smoothing out my driving 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.

# Smooth Driving Results

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

No water spilt below (mph)	Drive 1	Drive 2	Drive 3	Drive 4	Drive 5
20					
30					
40					
50					
No water spilt at all					

Water spilt when	Drive 1	Drive 2	Drive 3	Drive 4	Drive 5
Moving off					
Changing gear					
Cornering					
Accelerating					
Decelerating					
Braking					
Stopping					

Based upon your results above, what do you need to do (with the help of a trainer if necessary) to further improve the smoothness of your driving?

Create a 'key bullet point plan' below listing the things needed to improve your 'finesse'.

Smooth driving plan:

## *Smooth Driving: Reflection*

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

Use this sheet to write your reflective notes about your smooth driving 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.