

# Speed Limits: Project Worksheets

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Drive for 10 days without exceeding the speed limit
- Reflect on the outcome of the practise

## Method

This project can be completed as part of your general driving over the next ten days, however, it will be beneficial to go out for a couple of one-hour drives to concentrate specifically on driving at (or below) the speed limit and making the observations below.

Note the area where the limit was in force and whether it was compulsory or advisory and then write a brief description; for example, 'Built up area with school and residential roads'. Whilst complying with the speed limit, note how many vehicles exceed the limit and consider the level of danger/risk that they incur in doing this.

As a result of the exercise, consider your own attitude to, and thoughts about, speed limits and include these when completing your reflective notes. If you feel that some limits are too low or high, or you find it difficult to keep to speed limits e-mail Training Support to explain your issues.

In addition to the above – notice how many drivers stay within the speed limit, but drive too fast for the prevailing conditions.

## *Speed Limits: Goals*

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

The three main things that I want to achieve during my 'keeping to speed limits' 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.



## *Speed Limits: Reflection*

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

Use this sheet to write your reflective notes about your speed limit experiences.

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.