

## The benefits of active travel



**Level 3**

Years 5 & 6



**Length of lesson**

90 minutes



**Learning style**

Guided/groups/  
independent



### Resources

- + **Activity Sheet 1.1 – What do you know about active travel?**
- + **Ready Steady Go! Ignite video**
- + **Special resource** – Giant jigsaw puzzle (approximately 2.5m x 2m) with flags and stands
- + **Activity Sheet 1.2 – Categorise the facts and benefits** (printable illustration for classes without access to the puzzle)



### WALT

Recognise the ways that active travel benefits our personal health/wellbeing (taha hinengaro, taha tinana) as well as our environment.



### Learning Outcomes

Students will:

- + Develop communication skills to work as a team to complete a giant jigsaw puzzle;
- + Identify facts and benefits of active travel and classify them as health/wellbeing or environmental.



### Vocabulary

Active travel, public transport, benefit, health/wellbeing, environmental

### Note

New vocabulary and terminology are introduced throughout the Ready Steady Go! programme. You may wish to create a vocabulary tree for the class so that students can add new words to it after each lesson and watch it grow as they learn.

# Lesson Plan 1

## The benefits of active travel



### Learning Activities

1. Provide students with **Activity Sheet 1.1 – What do you know about active travel?** Ask students to complete the quiz to see what they know about active travel and how it benefits both our personal health/wellbeing and our environment. Students will repeat this quiz at the end of the programme to track their progress.
2. Ask students what they think active travel means. Discuss as a class and talk about examples of active travel.

#### What is active travel?

Active travel is a journey that involves physical activity such as walking, cycling, and scootering. Public transport counts as active travel as it involves travellers having to walk, cycle or scooter to the pick-up and drop-off points.

3.  Go to the [Ready Steady Go! homepage](#) and play the 3-minute **Ignite video** to students – this will kick-start your programme.
4. Find a large clear space, for example the school hall. Provide the class with the giant jigsaw puzzle, the green and yellow flags, 12 of each, and the stands. The jigsaw puzzle is double-sided. Ask students to work together to complete the graffiti wall side of the puzzle as shown in **Activity Sheet 1.2 – Categorise the facts and benefits of active travel**. You could split the class into groups: see the note below.
5. Once the puzzle is completed, ask students to read out the statements that they can see – some statements are facts and some are benefits of active travel.
6. The statements are either health/wellbeing or environmental facts and benefits (of active travel). Ask students to identify and stand green flags on the environmental statements and yellow flags on the health/wellbeing statements. Discuss and decide together as a class or in small groups.

### Note

If your school does not have access to a puzzle, use **Activity Sheet 1.2 – Categorise the facts and benefits of active travel** which is a printable version of the puzzle illustration.

This activity sheet can also be used if you prefer to divide the class into two groups and have a smaller group of students completing the puzzle. One group can work on the activity sheet while the other group completes the puzzle and then swap over.



### Extra activity

Students create a poster advertising the environmental and/or health/wellbeing benefits of active travel to display around the school.

# Lesson Plan 1

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### Answers

#### Activity Sheet 1.1 – What do you know about active travel? (Quiz)

- |  |                     |  |
|--|---------------------|--|
| 1. Walking, cycling, scootering, skateboarding, roller skating                     | 4. B, D, F, H       | 9. See image on <b>Activity Sheet 4.2</b><br>– <b>Your muscles</b> |
| 2. Bus, train, ferry, tram   | 5. A, C, F, H       | 10. C  |
| 3. Leave, helmet, stopped, either, cars, walk, road, look, reversing, stop, driver | 6. B, D, F, H       | 11. B  |
|  | 7. Beats Per Minute | 12. C  |
|  | 8. Oxygen           |  |

### Answers

#### Facts and benefits of active travel to be identified on the puzzle.

##### YELLOW Flags – health and wellbeing

1. The heart is the hardest working muscle in your body.
2. Your heart beats about 100,000 times per day.
3. Your heart is the size of your clenched fist.
4. We each have more than 600 muscles in our body.
5. People who are fit have stronger immunity.
6. Aerobic activity helps boost memory.
7. You sleep better at night with regular exercise.
8. Exercise is a stress buster!
9. Muscles, bones, and joints grow stronger with exercise.
10. Walking to school with a friend is fun – friendship is good for mental wellbeing.
11. 20 minutes of exercise before school helps you concentrate and learn better...for the whole day!
12. Physical activity produces 'feel good' chemicals called endorphins.

##### GREEN Flags – environmental

1. One bus only takes up the same space of three cars on the road.
2. 10 to 20 bikes can park in one car space.
3. About half a million Kiwi students drive or are driven to school each day.
4. Transport produces one quarter of global carbon dioxide (CO<sub>2</sub>) emissions.
5. Car pollution contributes to global warming, which is the gradual increase of Earth's temperature.
6. Most cars burn fossil fuels.
7. An estimated 7 million people worldwide die from air pollution related illnesses every year.
8. A third of all car trips in NZ are less than 2km – that's walking or cycling distance!
9. Active travel is the best way to reduce road congestion.
10. Walking to school doesn't cost you or the environment a thing!
11. Active travel helps the environment.
12. Fewer cars on the road means less traffic danger around schools.