



### Activity 1.1 – What do you know about active travel?



Complete the following quiz:

**1** Active travel is a journey that involves physical activity. List **three** types of active travel:

1. .... 2. .... 3. ....

**2** Public transport counts as active travel because you have to walk, cycle or scooter to the pick-up and drop-off points. Name **three** types of public transport:

1. .... 2. .... 3. ....

**3** Fill in the missing word to complete these important safety rules or advice:

+ Always wait for the bus to **l**..... the bus stop before crossing the road. Stop, Look, Listen, be alert.

+ Always wear your **h**..... when cycling or scootering and make sure it is correctly fitted.

+ Stay alert when crossing railway tracks. Trains move very fast. You can't hear them until it's too late.

Only cross at the barriers or level crossing when the lights and bells have **s**.....

Look both ways, trains can come from **e**..... direction.

+ Car parks can be busy and dangerous. Stop, Look and Listen for moving **c**..... and watch for reversing lights. **W**..... your bike or scooter in car parks.

+ At the bus stop, stay as far back from the **r**..... as possible.

+ Stay alert. Stop, **L**....., Listen before crossing a driveway. Watch for **r**..... lights.

+ Stop, Look, Listen before crossing a road. At a pedestrian crossing, wait until cars come to a complete

**s**..... and then make eye contact with the **d**..... so they know you are about to cross.



**4 Circle four of the statements below that describe how active travel benefits our mental health:**

- A. 10 to 20 bikes can park in one car space
- B. Being active can improve concentration and learning
- C. Earth's temperature has risen 1°C over 200 years
- D. You sleep better at night with regular exercise
- E. Transport produces a quarter of global carbon dioxide (CO<sub>2</sub>) emissions
- F. Exercise is a stress buster!
- G. Your knee is the largest and most complex body joint
- H. Active people feel good and are happier

**5 Circle four of the statements below that describe how active travel benefits our physical health:**

- A. Being active makes your heart healthier
- B. Your heart is the size of your clenched fist
- C. Muscles grow stronger with exercise
- D. We each have more than 600 muscles in our body
- E. A third of all car trips in NZ are less than 2km
- F. Physical activity builds healthy bones
- G. Most cars burn fossil fuels which are all non-renewable
- H. Regular exercise helps your joints stay healthy

**6 Circle four of the statements below that describe how active travel benefits our environment:**

- A. Exercise is a stress buster!
- B. Active travel uses less fossil fuel
- C. People who are fit have stronger immunity
- D. Active travel reduces road congestion
- E. The heart beats about 100,000 times per day
- F. Walking, cycling and scootering don't use any fossil fuels
- G. Petrol and diesel cars contribute to global warming
- H. Active travel produces less air pollution



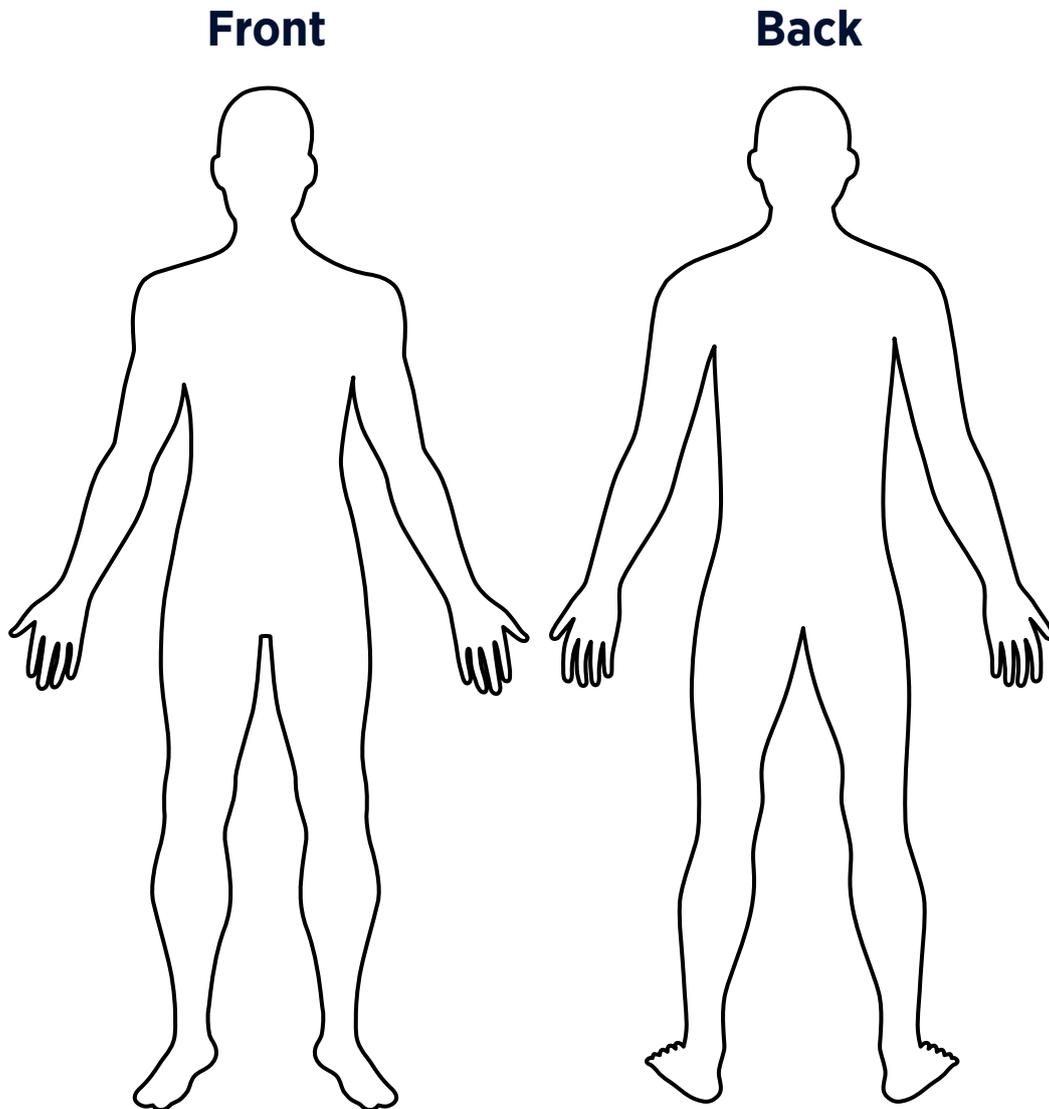
- 7 When we exercise, we can feel our pulse getting stronger and faster. It tells us how fast our heart is pumping. This is called our heart rate. When we measure our heart rate, we measure the BPM.

What does BPM stand for? .....

- 8 Our heart pumps blood around our body. What does the blood carry to the muscles to help them work well?

.....

- 9 The main muscles used when walking and cycling are our gluteals, hamstrings, quadriceps, and calf muscles. Label these muscles on this diagram.



10 What are fossil fuels? Circle the best answer:

- A. Trees, firewood, paper
- B. Ice, snow, rain
- C. Oil, coal, natural gas
- D. Rock, gravel, sand

11 What produces a quarter of global carbon dioxide (CO<sub>2</sub>) emissions? Circle the best answer:

- A. Forests
- B. Transport
- C. Rivers
- D. Farming

12 Most cars currently use refined fossil fuels to power them, releasing carbon dioxide (CO<sub>2</sub>) and other harmful gases into the air. What are the names of these refined fossil fuels? Circle the best answer:

- A. Water and oxygen
- B. Carbon dioxide
- C. Petrol and diesel
- D. Electricity

