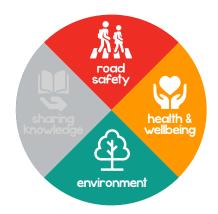


# The benefits of active travel





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 (approx. 2.5m x 2m) with yellow and green flags (12 of each + stands)
- + Activity Sheet 1.2 Categorise the facts and benefits (printable illustration from the puzzle for classes without access to a 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.

- Go to the **Ready Steady Go! homepage** and play the **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 and stands. The jigsaw puzzle is double-sided. Ask students to work together to complete the graffiti wall side of the puzzle 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**

# The benefits of active travel

### **Quiz - Answers**

- **1.** Walking, cycling, scootering, skateboarding, roller skating
- 2. Bus, train, ferry, tram
- **3.** Leave, helmet, stopped, either, walk, road, look, reversing, stop, driver
- **4.** B, D, F, H
- **5.** A, C, F, H
- **6.** B, D, F, H
- 7. Beats Per Minute
- 8. Oxygen

- **9.** See image on **Activity Sheet 4.2** 
  - Your muscles
- **10.** C
- **11.** B
- **12.** C

# Categorise the facts and benefits - Answers

# 12 x health/wellbeing facts and benefits of active travelidentified with yellow flags:

- 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.

# 12 x environmental facts and benefits of active travelidentified with green flags:

- **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.

