



Exploring



Travelling actively to school is a great way for young people to get much of the exercise they need to stay healthy, while evidence shows they also arrive more alert and ready to learn. This series of free resources offers fun and engaging activities based on cycling, walking and scooting that can easily be fitted into the busy school day. Each theme includes a 10, 20 and 30 minute activity requiring little preparation and no resources other than those found in a typical classroom. The other resources in the series – Staying Safe, Being Healthy, Looking After Your World and Future Journeys – are downloadable from www.sustrans.org.uk.

I spy, with my school journey eye...



10 minutes



Pens, paper



Pairs activity

Aim

Pupils start to see the school journey as an opportunity to discover new things.

Instructions

Pupils make an I Spy list of things for a partner to look out for on their next journey to school. The partner has to see how many they can spot.



Human map



20 minutes



None



Group activity

Aim

Pupils learn about mapping and where they live compared to classmates, how far they travel and discover who they could travel with.

Instructions

Pick a spot in the class that represents the school. Either depict north, east, south and west, or use local landmarks, eg well-known roads, shops, parks or leisure spots, to give an idea of direction.

Using a scale of one stride to half a mile/five-minute walk (or a bigger scale if you have access to the school hall or an outdoor space), pupils start mapping out where they live relative to the school.

Do some pupils have a better idea of where they live compared to others? Do walkers and cyclists have a more accurate idea than those who are driven or go by bus? Who lives closest and furthest, and how do they travel? Does distance make a difference, or do other factors matter more, such as an idea of time, perception of danger, or parental views?

Extension

Take a photo of the final map or mark it out. Then use a real map of the area to see how accurate it is. Pupils can discuss the quickest or best ways to get to school, depending on what form of transport they use. Pupils could discuss the opportunity of travelling in with people who live nearby.

Sustrans runs a free information service for enquiries about our work in educational settings and with young people. If you have a question, please email youngpeople@sustrans.org.uk





Exploring



30 minutes



Pens, paper



Solo activity

Portable poetry

Instructions

Pupils write a poem about a school journey. It might be:

- the best journey they ever made to school
- the worst journey they ever made to school
- their dream journey to school
- the journey they made that very morning
- how they think others get to school (by boat in the Outer Hebrides of Scotland? In a sea of bikes in China? By space rocket in the future?)

Extension

Swap poems and read each other's out. Can pupils guess who wrote which poem about their journey to school that day?

Aim

Pupils view the school journey in a creative way.



Sustrans' Superheroes is an individual award scheme recognising pupils' skills and achievements in walking, scooting and cycling to school.

Based on an activity booklet, it provides the structure and inspiration for children to learn and practice the skills essential for fun, safe and sustained active travel to school. Aimed at seven to 11-year-olds, pupils gain points for activities completed to become a Sustrans Hero or Superhero.

For details, visit www.sustrans.org.uk/superheroes

Big Street Survey is an exciting curriculum resource enabling pupils to investigate the area around their school, creating a manifesto on making their streets safer and greener.



Young people identify the good and the bad, and deliver their manifesto to local and national decision-makers – meeting numerous curriculum objectives en route.

Big Street Survey resources are free to download and include activity sheets, lesson plans and a pupil's handbook. To find further details, please visit www.sustrans.org.uk/bigstreetsurvey

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. www.sustrans.org.uk

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