Suss it out!

Future journeys...

1 2 3 4 5

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, Exploring and Looking After Your World – are free to download from www.sustrans.org.uk.

Going for a ride

10 minutes | Paper, pens | Solo activity

Aim

Pupils develop knowledge of how to prepare for a bike ride or walk.

Instructions

Pupils plan a walk or bike trip. They can decide where they are going and why. Next, make a list of everything they will need to take. Don't forget clothing, equipment, tools, food, money, maps…

Extension

Pupils compare their list with another pupil's. What are the similarities and what are the differences? Do they agree with the other pupil's list? Would it be different if doing this exercise in a different season?

The journey onwards

20 minutes | Paper, pens | Pairs activity

Aim

Pupils think about their school journey and discuss what could improve it.

Instructions

In pairs, pupils describe their current school journey to each other (and previous school journeys if different). This could be from getting ready to leave home to the actual journey. Whatever they see, hear and do on the way, and how they feel about it. Then they plan how they could change this journey to make it better. It might be the route, the method of travel, going with friends, or being more independent. Then pupils make a pledge or resolution to do this by a certain time in the future.

Extension

If in primary school, pupils could consider how they will travel when in secondary school. If at secondary school, they could think about how that might change if they move onto college or university, or when they start work.

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**

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Suss it out!

Future journeys...

1 2 3 4 5

30 minutes | Paper, pens | Solo or group activity

Letter to 'future me'

Aim

Pupils consider how they will travel in the future and what the consequences of their travel choices are.

Instructions

Pupils write a letter to their future self about their travel habits – persuading them to use more active and sustainable journeys if possible, and why it is important for both themselves and the local and global environment.

Encourage them to think broadly and imaginatively. They might want to consider how people may travel in the future, fossil fuels and renewable energy, a growing population, climate change, technology changes, changes in jobs and so on.

Extension

Pupils could write a newspaper article or front page from 2050, covering some of the issues mentioned. They might be very positive…or could paint a less rosy future because of the actions of humans now.

Sustrans' e-bulletin has regular updates and features the latest news, events, resources, research and competitions regarding active travel and young people. It goes to school staff, parents and professionals in the fields of health, transport and education. You can sign up at www.sustrans.org.uk/youngpeople

Moving Up is a guide for those working with 11- to 18-year-olds, setting out how to promote active travel at secondary schools, colleges and in the community. It has best practice guidance and case studies of activities and methods proven to enthuse, engage and inspire young people to walk and cycle more.

Using our officers' experience working with 250 secondary schools and colleges across the UK, this comprehensive free resource is for teachers, community and youth workers, and education travel professionals. Please visit www.sustrans.org.uk/teachers

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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