



## Active Travel Class Activities

Learning about active travel in the classroom can help students develop an enjoyment of walking and riding places.

### Kinder – Grade 2 Activities

#### ABC of what you see

Take your class for a walk around the school's local community.

As you walk with them ask them to name things they can see and the letter of the alphabet it starts with. Older students may write down the things they see on a sheet of paper.

When you get back to the classroom as a class list all the things you saw on your walk and group them under each letter on the whiteboard.

#### Learn about the bike

Use Ride2School's '[Bike Safety M Check](#)' diagram to lead a group discussion about the components of bikes.

Ask an interested parent to bring in a bike or bring your own bike to demonstrate each part.

After learning about and discussing the parts write the names of each part on sticky labels and ask students to stick them in the correct spot.

### Grade 3 – 4 Activities

#### Ways to get to school class survey

Complete a class survey about how students and teachers travel to school, for example walking, cycling, scooting, using the bus or by car. Use a travel calendar (on the *Move Well Eat Well* website) to help collect travel information.

Discuss why people use different methods of travel.

If you would like to investigate and analyse students' mode of travel to school in more detail you can [register with Ride2School](#) and gain access to the Hands Up! online tool that can show how students at your school get to school.

# Move Well Eat Well

## Bike and helmet checks

Ask a child that regularly rides to school if the class can borrow their bike and helmet for a demonstration, alternatively bring your own bike and helmet.

As a group go through the different components of the bike, you may like to use Ride2School's ['Bike Safety M Check'](#)<sup>iii</sup>.

Chat as a group about the safety considerations of different parts of the bike. Use Ride2School's ['Helmet Fit Guide'](#)<sup>iv</sup> to demonstrate how to safely fit a helmet.

## Grade 5 – 6 Activities

### Group riding and essential tools

Divide the class into several groups and ask them to brainstorm some things that can go wrong when riding bikes.

Ask each group to share some of their ideas with the whole class.

Next handout the [Ready Ride Checklist'](#)<sup>v</sup>.

Whilst going through their brainstorm lists ask the groups to find solutions to things that can go wrong from the handouts.

Ask each group to present one of their solutions to something that might go wrong on a bike.

### Neighbourhood Walkability

As a class, plan a walk around your local community. In small groups ask students to complete the Heart Foundation's [Community Walkability Checklist'](#)<sup>vi</sup>.

Once back in the classroom go through the results, using a majority rules rationale for the answers to the questions.

Ask some students to add up the scores and present the overall walkability score.

Divide the class into 4 groups and assign each a section and the task of brainstorming solutions to improve walkability.

This is a Healthy Tasmania initiative

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<sup>i</sup> <https://s23705.pcdn.co/wp-content/uploads/2017/07/2017-M-Check-DRAFT-01v1.pdf>

<sup>ii</sup> <https://bn.force.com/ride2school/s/ride2schoolregform>

<sup>iii</sup> <https://s23705.pcdn.co/wp-content/uploads/2017/07/2017-M-Check-DRAFT-01v1.pdf>

<sup>iv</sup> <https://s23705.pcdn.co/wp-content/uploads/2018/07/Ride2School-Helmet-Poster-v8.pdf>

<sup>v</sup> <https://s23705.pcdn.co/wp-content/uploads/2020/08/2020-Ride2School-Checklist-v11.pdf>

<sup>vi</sup> <https://walking.heartfoundation.org.au/resources/community-walkability-checklist>