



Being Healthy



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

Finger on the pulse



10 minutes



Pens, paper, watches



Pairs activity

Aim

Pupils learn about the effect of activity on the heart.

Instructions

Help pupils find their pulse on their left wrist, just beneath the thumb. Make them sit quietly for two minutes to ensure their pulse is at rest. One pupil counts their pulse while the other times 15 seconds on a watch. Multiply by four to get beats per minute. Record and swap roles.

Next, repeat the measurements immediately after one minute of an activity that makes pupils slightly out of breath (eg running on the spot or moving arms vigorously) and record, before resting completely for two minutes and recording a third pulse rate.

Compare measurements. How do they differ? Do pupils know that the heart is a muscle that pumps blood and oxygen round the body? Explain that a slower resting heart rate suggests a stronger heart, as it can pump more blood with one contraction. Why does activity raise the heart rate?

Extension

Discuss the findings. Why is it better for the heart rate to get close to normal quickly after exercise? What happens to the heart if we do more activity and what changes to the results would we expect after several weeks of increased activity? Chart the pupils' heart rates. Who had the highest or lowest after exercise, whose was the lowest to start with and whose recovered the fastest?

Get creative



20 minutes



Pens, paper



Solo or pairs activity

Aim

Pupils use creative writing to promote active journeys.

Instructions

Pupils write a slogan, message, strapline or advert saying why being active on the school journey is wise. You could set a character limit and suggest it's for a Twitter or text campaign.

Extension

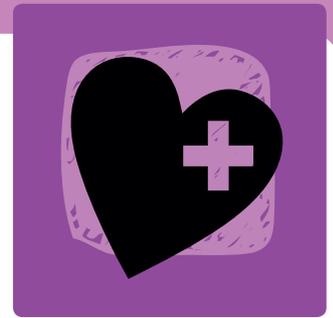
Create a poster to accompany the message. You could use cameras or mobiles to capture an appropriate image.

Sustrans runs a free information service for enquiries about our work in educational settings and with young people. If you have a question, please call **0117 915 0100** or email youngpeople@sustrans.org.uk



Suss it out!

Being Healthy



30 minutes



Pens, paper, whiteboard



Group activity

The great activity-off!

Aim

Pupils consider what counts as activity and work out what is most effective.

Instructions

As a class, come up with a list of things they do every day, from sleeping to eating, studying to watching TV. How do they spend their spare time and get to school?



Discuss which they consider active and which they don't, then place in order of intensity. This could be a class vote or pair activity. Pupils could be given an activity each holding it on a piece of paper, then organise themselves into a line from most active to least. Be prepared for lively debate! Go to class vote if individuals can't agree.

Extension

If you've done Finger on the Pulse, overleaf, pupils could measure their pulses during the activities selected to get another idea of how demanding they are. Alternatively, they could research how many calories are burned during the activities selected.

Discuss the effect of time. Is walking for an hour considered more active than 20 minutes of running? Is an hour of video-gaming actually more active than a 10-minute walk?

Sustrans
BIG SHIFT
for schools



The Big Shift is a free-to-access online challenge. It is designed to motivate schools to travel actively, with schools set individual targets based on how pupils currently travel to school.

The Big Shift then helps each school to make a Small Step, a Big Stride or a Giant Leap towards increasing its active travel. Individual classes, year groups or whole schools can take part in Sustrans' Big Shift. For more information, visit www.sustrans.org.uk/bigshift

Increasing active travel to school is a step-by-step guide to increasing walking, cycling and scooting on the school journey. Designed for teachers, governors and parents, it contains a suggested programme and tips for events.

The stages include Getting Started, Raising Awareness, Empowerment and Action and can delivered over six weeks culminating in a celebratory week of action – a perfect build up to the Big Shift challenge, a Bike to School Week or our annual Big Pedal event. Visit www.sustrans.org.uk/teachers

Increasing active travel to school

a six-week step-by-step guide



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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