

THINKING ABOUT YOUR JOURNEY



 30-40 MINS



COMPUTER ACCESS



SOLO ACTIVITY FOR Y4, Y6, Y8

Independent travel planning: learn how to understand your new journey to a new school, so you can feel confident travelling how you want.

Watch this Youtube clip https://youtu.be/lhMk0_1BT3c (Search: how children get to school around the world)

Write down six words that describe these journeys ...



Would you like any of these journeys to be your journey to school?

Zipwire



☐ Y / ☐ N

Rubber ring



☐ Y / ☐ N

Donkey



☐ Y / ☐ N

Broken bridge



☐ Y / ☐ N

Bike trick



☐ Y / ☐ N

Ladders



☐ Y / ☐ N

Canoe



☐ Y / ☐ N

Mountaineering



☐ Y / ☐ N



Think about your current journey to school.

Imagine you are with one of the children shown above and you have to show them your journey to school. What are the tricky bits they would need help with, for example busy roads and crossings?

What sort of advice would you give them so that they can stay safe on the journey from your house to your school?

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school. Find out more at www.sustrans.org.uk

Here's another clip to watch: https://youtu.be/Co_ppEA5g70 (Search: cycling to school travelwest)

Could you consider riding your bike for your journey to school next year?

It is Bike to School Week between 28th September and 2nd October – this would be a perfect opportunity to give it a go.



If you were biking to your new school, what bits on the journey to school would be hard or difficult?

Is there anything you could do to make it easier for you?

Are there local cycle routes to make it easy?

If it's still a problem, why not write a letter to the council to see if there is something they can do to help?

You can find out who your local councillor is by checking on www.writetothem.com

Extension: Mountain Bike Trials Riding

Watch this fun clip: <https://youtu.be/NPUAFhSG9qI> (Search: Gabriel Wibmer Late for School)

We can usually travel four times as fast riding a bike as walking. This means we can leave home a bit later (more time in bed) and get home sooner after school.

How frustrating do you think it would be to turn up at school and find out it is Sunday?

Look at how Gabriel is riding where there is no traffic and away from other people (so he doesn't scare them) when he is doing his tricks. (He does jump over two people, but this is staged for the film clip.)

It is always best to practice your skills away from traffic and away from other people.

Gabriel is 17 years old. He first became famous aged 10 when his cousin Fabio shared a video clip of his skills.

Why not find out more about mountain bike trials riding?

Research other famous riders (and watch their videos):



Get your 'trials' skills going in your back garden (or in your living room) by taking part in the #trackstandchallenge

https://youtu.be/1tZsy_lIF34 (Search: How to Trackstand Ali Clarkson)

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