

Tees Valley Sustainable Schools Conference - 29th March 2010
Travel and Traffic Workshop - Ideas for lesson plans

Group 1

English - persuasive writing related to benefits of walking to school

ICT - surveys / graphs relating to modes of travel

RE - cross cultural / care for the planet / multi cultural

Group 2

Maths - grid overlay on map / find places using co-ordinates / measuring distances / use grid to draw on map

Science - look at pollution / effect on health / how we could improve things

PE - effect of exercise on body / heart rate including with exercise / breathing / sweating

Group 3

History - compare local environment (journey to school) to how it use to be

Citizenship -

Design and Technology - design posters to promote walking to school

Group 4

Modern Foreign Languages - talking partners e.g. directions to school in French etc

Geography - KS4 map reading / fieldwork

Music - rap to promote walking to school / hit list of top tunes for walking

Other National Curriculum ideas:

Design Technology:

Cycle rack designing

Developing healthy menus for cyclists

Hydration - how it works when cycling

What's behind energy foods and supplements?

What materials are used in cycling/bikes?

Designing helmets - safety and comfort

Designing the safest brightest bikes

Design 5 minute walking zone markers for the area around the school

Art/Design:

Cycling clothing design and manufacture

Making sculptures from old bike parts

Cycle track painting - paint on tyres rolled onto school yard (leading to bike sheds)

Making collages from bike parts to decorate school.

Designing posters for anything to do with cycling

Designing posters to encourage walking to school / Walk to School Week / WOW (Walk Once a Week)

Citizenship:

Hold debates for and against cycling and wearing helmets

How can we involve disabled people in cycling?

How to organise and run events for charity

Cycling within other countries and cultures

Science:

Forces and motion, friction: push and pull using bikes

Bike materials

The water cycle!

Healthy living - how the skeleton, muscles and cardio systems work with cycling

PE:

Doing Bikeability and focusing on safety

Racing, slalom and relay races on bikes

Orienteering and outdoor pursuits on bikes

Team work

Pedometer challenges

RE:

Look at different countries and religions and how they choose to travel

How has cycling spread a religious message (caring for God's earth?)

Did missionaries cycle?

Are there cycling pilgrimage sites?

Would Jesus ride a bike - if so why?

Buddhism and cycling - a natural combination?

PSHE:

Looking at energy in cycling and compare with other transport

Testing heart rates and exercise

What do we notice on our ride / walk into school?

What is the impact on the environment - greenhouse effect and pollution - from swapping cars for bikes?

Follow a debate on where best to put in a cycle route to school

Writing letters to councillors for improvements to help cycling / walking to school

English:

Report writing: Cover cycling sports events, Tour of Britain and the journey to school

Creative Writing: Poetry on motion! Mind mapping

Keep a 'Journey to School' diary

History:

Looking at different bikes through the ages

How clothes have changed and what people have worn to cycle - different designs of hats to helmets for example.

How has the cycling culture changed over the years?

Compare your journey to school with that of your parents and grandparents

Geography:

Maps - route to school on the bikes

Designing our own bike routes into school and around school grounds

Bikes in other countries - how are they adapted or different?

Map out 5 minute walking zone from school

Music:

A musical assembly with chorus of bike bells and bike horns playing a tune - spinning wheels with lolly sticks to make noise on the spokes

Fixing a funnel as air instrument on a bike and writing and performing a cycling rap show dressed up as rap singers.

Produce a radio jingle to promote the benefits of walking to school

Maths

Calculate how much money can be saved by using bikes versus buses versus cars

Graphs on Co2 emissions

Studying weight loss and cycling

Using pedometers, calculating mileage over a month and a year on the bikes

How much would it cost to build a bike?

Calculate 5 minute walking zone from school

Produce graphs / charts on class modes of travel

ICT:

Study the Sustrans network and work out how far you can travel on it

Use routemaster to plan cycling journeys on screen

Design an ICT poster and spreadsheet to illustrate cycling events or journeys

Research the history of the bike on the internet

Route Planning Session

Materials required:

Large maps of local area (with key/symbols)

Coloured felt tip pens / crayons

Key:

Walk - green

Car - yellow

Bus - blue

Bike - brown

Dangerous places to cross the road - red dash

Cars travelling too fast - orange dash

Places where you generally feel unsafe - purple circle

Mapping:

- * Divide pupils into groups of four - six. Give each group a large map of the area.
- * Pupils to take it in turn to plot their route to school, using the correct colour.
- * Pupils to take it in turn to mark down any dangerous places to cross etc using the correct symbols. Discuss with rest of the group.
- * Discuss in groups or as a class - the most popular route, the longest/shortest route, the safest route etc

Follow up activities:

- * Using the map, mark on the improvements you would like to see made for pedestrians / cyclists. Discuss what would make your journey safer

- * Write to the School Travel Advisors / Highways / Engineers with your ideas, requesting a visit to the school or help with the suggested improvements
- * Design posters, persuading pupils and parents to use sustainable modes of travel and why
- * Discuss possible initiatives, such as, park and stride / 5 minute walking zones / potential walking bus routes

Use the information gathered to inform your School Travel Plan Action Plan.