



Teachers' Notes

Curricular links to Health Education 5-14 National Guidelines and RSE Guidelines

Attainment outcome: Taking responsibility for health

LEVEL B

STRAND	ATTAINMENT TARGET	RSE GUIDELINES
Social health This strand explores the interaction of the individual, the community and the environment in relation to health and safety.	Identify the ways in which the local environment can affect their health e.g. traffic.	<ul style="list-style-type: none"> • Traffic Survey. • Advantages/disadvantages of walking, cycling, car, bus, other to and from school.

Teaching Background Information



- ➔ In Scotland:
 - ➔ 23%¹ of 4 to 11 year olds go to school by car, 60% walk and only 1% cycle.
 - ➔ 12% of 12 to 18 year olds go to school or college by car. 48% walk and only 1% cycle.
 - ➔ 45% of people travelling by car to work admit that they could use public transport instead.
- ➔ Road transport causes noise and vibration, makes air quality poor, gives off carbon dioxide which contributes to climate change and gives off gases which can make soil and water acidic.
- ➔ Carbon dioxide is also believed to trigger asthma in some people.
- ➔ Some towns and cities have introduced congestion charges for traffic e.g. London, Durham.
- ➔ Active Primary School Co-ordinators and School Travel Co-ordinators are employed in Local Authorities with the aim of encouraging more pupils to walk or cycle safely to school.

¹Household Transport (Scottish Household Survey, 1999)



Teachers' Notes

Method of Transport	Advantages	Disadvantages
Car	<ul style="list-style-type: none"> - Quicker - Comfortable - Dry 	<ul style="list-style-type: none"> - Cost - Caught in traffic jam - Lack of exercise - Pollution
Bus	<ul style="list-style-type: none"> - Quicker than walking - Dry - Less pollution than a car 	<ul style="list-style-type: none"> - Cost - Tied to a timetable - Infrequency - Lack of exercise - Pollution
Walking	<ul style="list-style-type: none"> - Healthy - Environmentally friendly - Free 	<ul style="list-style-type: none"> - Weather conditions - At risk from traffic - Takes longer - Darkness in winter
Cycling	<ul style="list-style-type: none"> - Healthy - Environmentally friendly - Quicker than walking - Can become a confident road user - Cheap - Freedom and independence 	<ul style="list-style-type: none"> - Weather conditions - Darkness in winter - Risky when cycling in traffic
Rollerskates, Rollerblades, Skateboards and Scooters	<ul style="list-style-type: none"> - Healthy - Environmentally friendly - Quicker than walking - Cheap 	<ul style="list-style-type: none"> - Weather conditions - Darkness in winter - More at risk from traffic than walking

Useful Websites

www.saferoutestoschools.org.uk

www.walktoschool.org.uk

www.youngtransnet.org.uk

www.scotland.gov.uk/stats/land.htm



Click on Transport, Travel and Tourism for the above website. Recent publications are listed. Relevant publications include Scottish Transport Statistics, Road Accidents Scotland and Household Transport.

Suggested Lesson Plan



Aims

- ➔ To identify the ways they travel to and from school and how this can affect their health.

Learning Outcomes

- ➔ Investigate how they come to and from school.
- ➔ Be aware of the advantages and disadvantages of walking, cycling, going by car or bus to and from school.

Resources

- ➔ Worksheets B4a, b – How We Get To and From School.
- ➔ Worksheets B4c, d, e, f, g – Advantages and Disadvantages of Different Modes of Transport.

Suggested Timing

- ➔ 60 minutes.

Suggested Development of Lesson

- ➔ Brainstorm different ways of getting to and from school.
- ➔ Make a tally on the board of how each child in the class comes to and from school.
- ➔ Distribute Worksheets B4a and b and explain. Tell the pupils to use the collated information from the board to fill in their tallies on Worksheet B4a and then complete the rest of the explained work individually.
- ➔ Pupils could draw their own bar chart using a simple graph drawing package on the computer, instead of completing Worksheet B4b.
- ➔ Organise the class into groups of about 4 or 5 pupils and distribute one worksheet from B4 c – g as appropriate. Allow pupils time (up to 10 minutes) to discuss the task amongst themselves and make notes.





Suggested Lesson Plan

- ➔ Each group should present their results orally to the rest of the class.
- ➔ The teacher should provide feedback to each group and also invite the pupils to provide feedback too.

Assessment

- ➔ Has each group correctly identified the advantages and disadvantages of using a particular mode of transport?

Curricular Links

- ➔ Mathematics – Information Handling: Collect, organise, display and interpret.
- ➔ English Language – Talking: Conveying information, instructions and directions.

Follow-up/Homework Activities

- ➔ In pairs or in small groups, produce a poster detailing the advantages and disadvantages of one method of transport. Use ICT to create the poster.
- ➔ Create a class display of the pupils' finished work.
- ➔ Go onto the Internet and find out more about safe ways of travelling to and from school. See website addresses in Teaching Background Information.





TASK

Name: _____ Date: _____

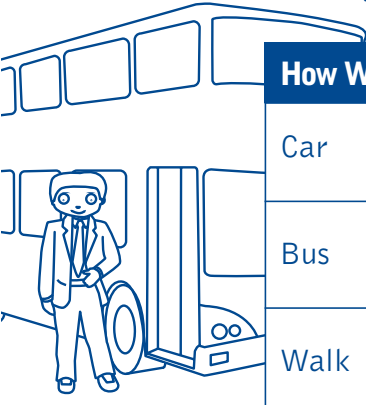
AIM:
You are going to do a survey of how your class travels to and from school.

1. As a class, fill out this table showing how you all usually travel to school.

How We Travel To School	Tally	Total
Car		
Bus		
Walk		
Cycle/Scooter/ Rollerblade/Skateboard		
Other		
Total		

2. As a class, fill out this table showing how you all usually travel from school.

How We Travel from School	Tally	Total
Car		
Bus		
Walk		
Cycle/Scooter/ Rollerblade/Skateboard		
Other		
Total		



TASK 3. Now answer these questions from your tables.

Travelling To School

- a) How do most people travel to school? _____
- b) How many travel this way? _____
- c) How do fewest people travel to school? _____
- d) How many travel this way? _____



Travelling From School

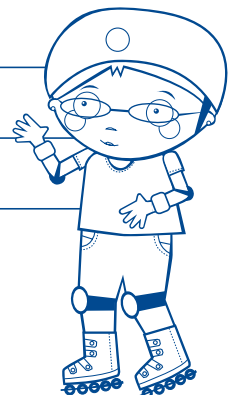
- e) How do most people travel from school? _____
- f) How many travel this way? _____
- g) How do fewest people travel from school? _____
- h) How many travel this way? _____

4a. Are there any differences in the way people travel to and from school?

4b. If there are differences, write a few reasons for this.

5. How do you travel to and from school?

6. What other ways could you travel to and from school?





Name: _____ Date: _____

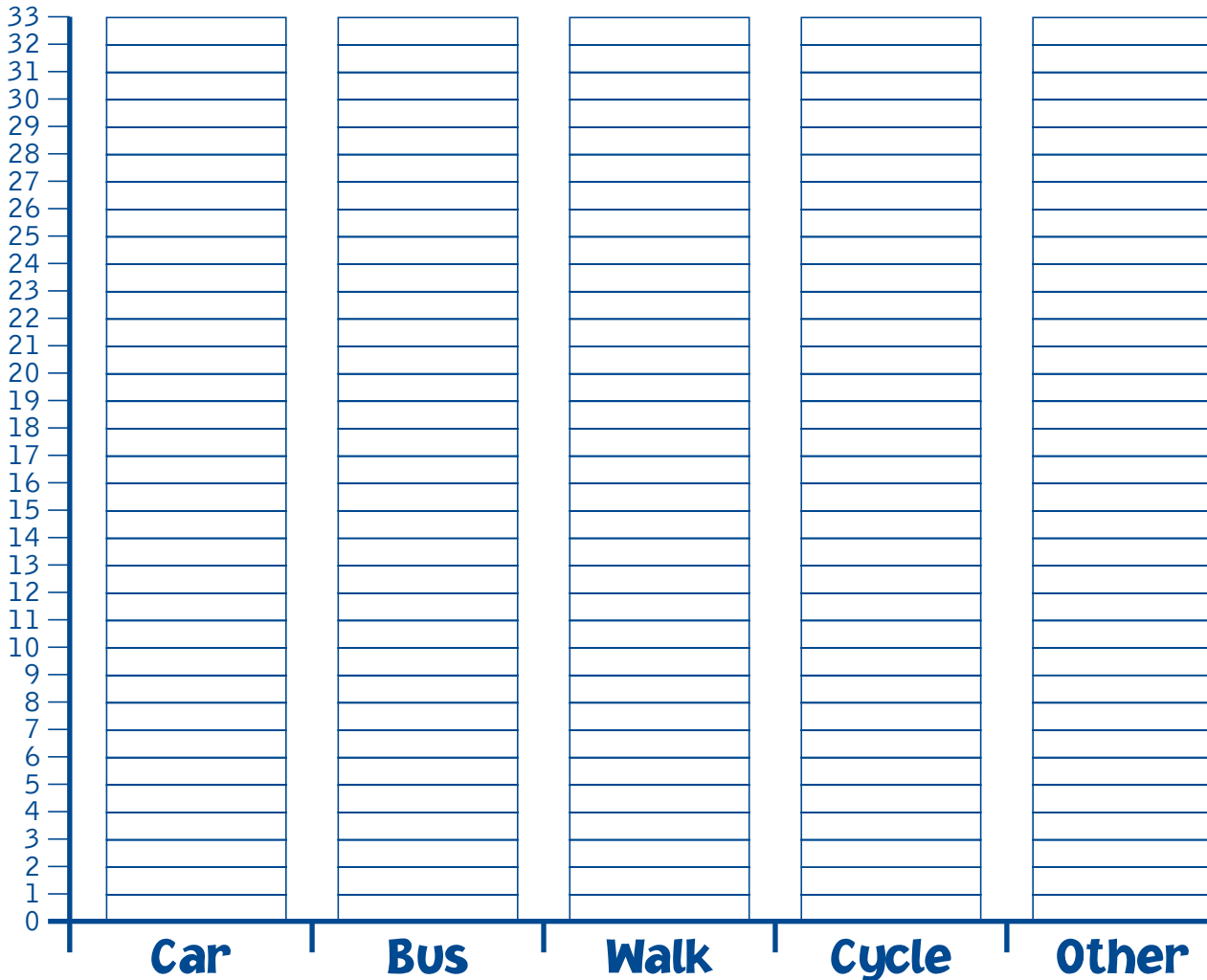
AIM:
You are going to do a bar chart of how your class travels to school.

TASK

1. Complete the bar chart showing how your class travels to school.
2. Colour each bar in a different colour.



Bar Chart Showing How Our Class Travel To School



How We Travel To School

3. On the back of this sheet say which is the most popular way of travelling to school and which is the least popular. Why do you think this is?





Name:

Date:

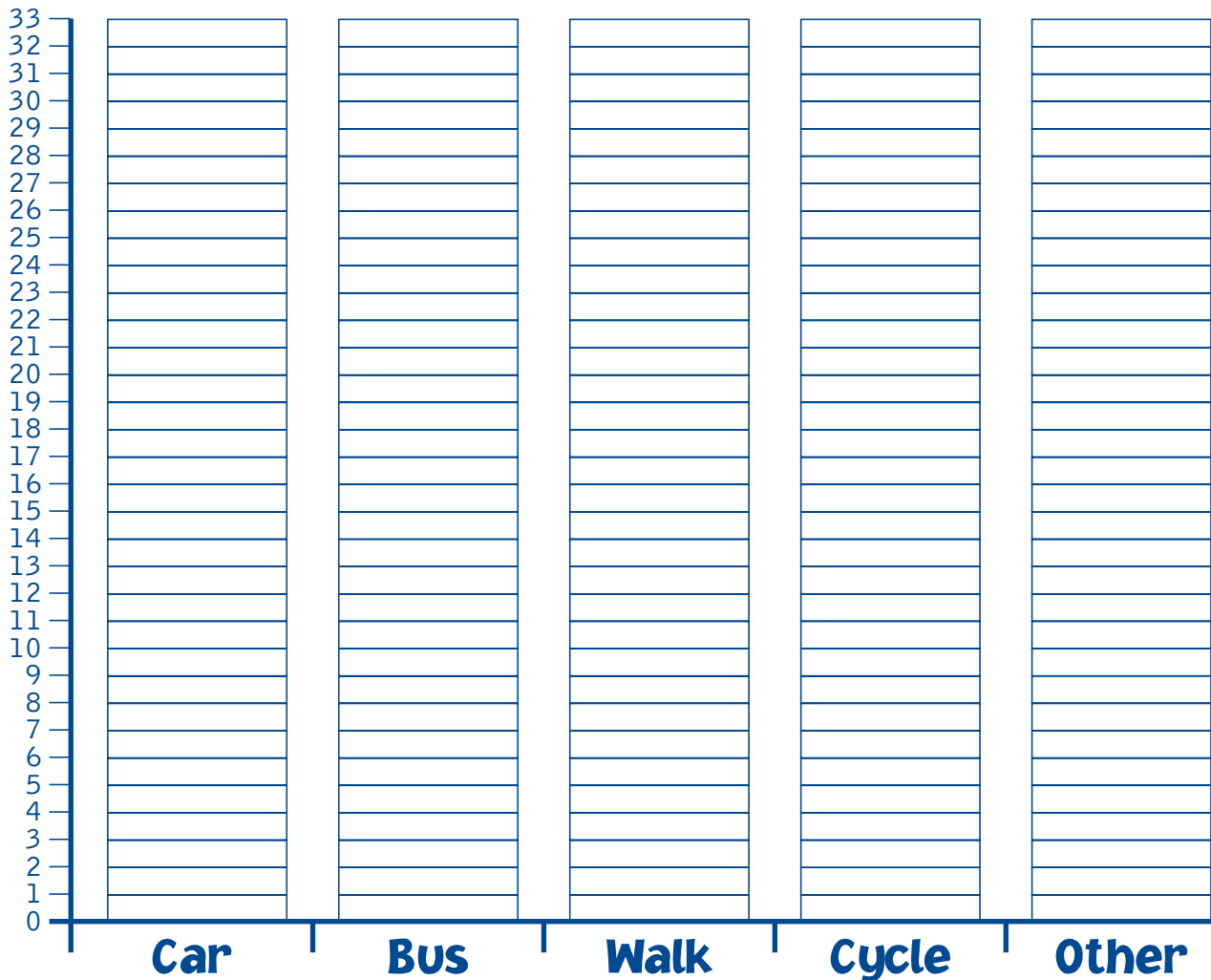
TASK

1. Complete the bar chart showing how your class travels from school.
2. Colour each bar in a different colour.



AIM:
You are going to do a bar chart of how your class travels from school.

Bar Chart Showing How Our Class Travel From School



How We Travel From School

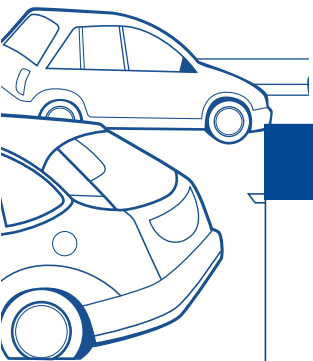
3. On the back of this sheet say which is the most popular way of travelling from school and which is the least popular. Why do you think this is?



Names:

Date:

Car



Advantages of Travelling To and From School by Car

Blank area for writing advantages.

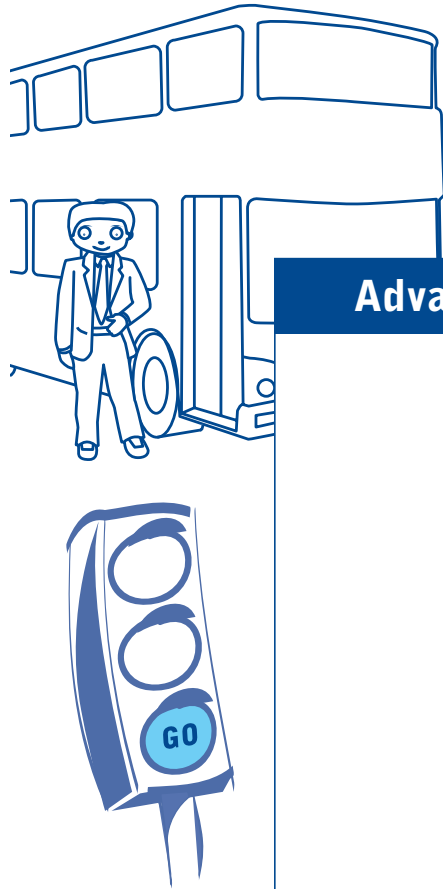
Disadvantages of Travelling To and From School by Car

Blank area for writing disadvantages.



Names:

Date:



BUS

Advantages of Travelling To and From School by Bus

Blank area for writing advantages.

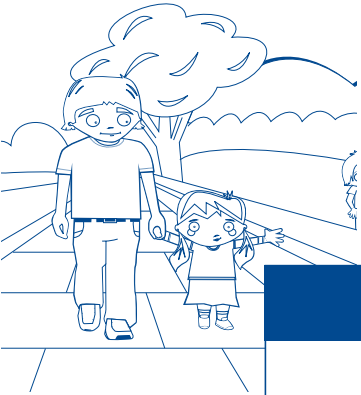
Disadvantages of Travelling To and From School by Bus

Blank area for writing disadvantages.



Names:

Date:



Walking

Advantages of Walking To and From School

Blank area for writing advantages of walking to and from school.



Disadvantages of Walking To and From School

Blank area for writing disadvantages of walking to and from school.



Names:

Date:



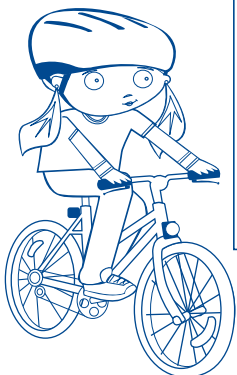
Bike

Advantages of Cycling To and From School

Blank area for writing advantages of cycling to and from school.

Disadvantages of Cycling To and From School

Blank area for writing disadvantages of cycling to and from school.





Names:

Date:

Scooter, Rollerblades or Skateboard

Advantages of Travelling To and From School by Scooter, Skateboard or Rollerblades

Disadvantages of Travelling To and From School by Scooter, Skateboard or Rollerblades

