

Active Travel, Moving Your Body

What Is Active Travel?

Active travel is when we use our bodies to go places instead of using a car. This could be by walking or using a bicycle, wheelchair or scooter.

Do we need to use a car as much as we do?

Each of us are encouraged to do at least one hour of exercise each day. Some people play sport, some people go to the gym and other people go out for long runs!

At Sustrans, we think that lots of people could also do their daily exercise by not using their car as much and walking, cycling or scooting instead.

For example, if our school or shop or park is a 10 minute walk from our house, instead of getting into the car and driving there, we could use the journey to do some of our daily exercise. 10 minutes there and 10 minutes back would be 20 minutes.

If we have no journeys to make that day, then we could do a daily mile in school or go out for a walk, cycle or scooter with our family.

Using the worksheet we will discover the benefits (good reasons) to actively travel in our daily lives.

Match The Words And Picture

(cut out or draw lines)



**HAVE
FUN**



**HELP THE
WORLD**



**SAVE
MONEY**



**HEALTHY
HEART**



**LESS
CARS**

Discuss with your child

Have a short discussion with your child about the five reasons below:

1. **Having Fun** – if you walk, cycle or scooter it's really good fun and can help you feel happy.
2. **Help The World** – Cars produce pollution which is dirty air. If we don't use our cars as much then we help to protect the world.
3. **Save Money** – It costs a lot of money to put fuel into our cars. If we don't use our cars as much then it would save our family some money.
4. **Healthy Heart** – If we walk or scooter and cycle more than we use our cars then we will be much healthier and our heart will be nice and strong.
5. **Less Cars** – if we don't use our car as much then there will be less traffic in the areas where we live and play and it will be much safer.

Favourite Places

Some of our favourite places have no cars or very few cars. This could be a beach, forest, playground or park.

What is your favourite place where there are no cars?

Draw a picture of your favourite place where there are no cars.

Send the picture to your teacher and they will pass it on to your Sustrans officer.

