

Environmental Education: Active Transportation



Move Your Feet on Your Street

Background Information

A 2016 survey revealed that 47% of students in our region are driven to/from school.

Active transportation (walking, cycling, etc.) develops physical literacy in children by incorporating fundamental movement skills, including running, wheeling and balancing, while also building their confidence. It also provides mental health benefits, opportunities to engage with the community, and reduces screen time. Each trip completed using active travel reduces traffic emissions and congestion, creating cleaner air and safer streets.

Everyday can be a new adventure when you choose to use active transportation. Even if your daily route stays the same — the world around us is constantly changing!

There are many ways to participate in active transportation and even more ways to make it fun. In this activity, we're challenging kids to brainstorm and try ways to travel without a car while offering ideas on how to enhance and incorporate learning opportunities..

Activity types in this lesson:

Warm-Up: Brainstorming

Video: Google Maps for Route Planning

Hands-On: Active Travel

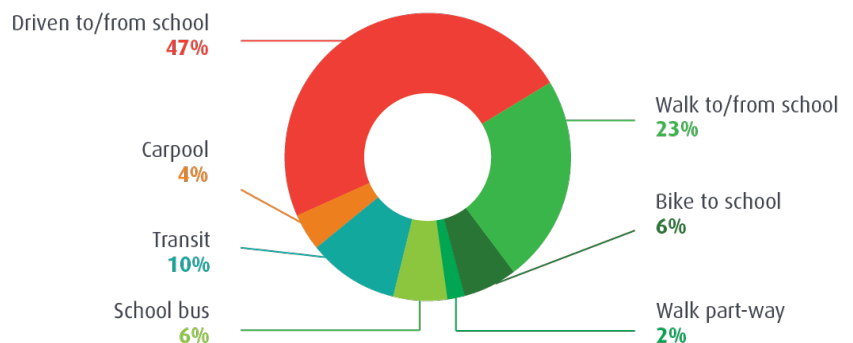
Listening: Podcasts

Expand and Connect

Warm-Up

Brainstorm different types of active transportation. Try to think of at least five different modes. You can discuss this verbally or write your ideas down on a piece of paper.

How students in the capital region travel to and from school



*Statistics based off 2016 Active & Safe Routes to School take-home surveys

Video

This tutorial shows the basics of how to use Google Maps for directions and trip planning, which will be used in the Hands-On activity. If you are comfortable with Google Maps then go straight to the activity.

- Google Maps Journey Planner Tutorial (5:59) by DCP Web Designers [<https://www.youtube.com/watch?v=F-gk2Y6iV4f8>]

Hands-On

Map your travel route from home to school (or another location you go to often).

1. Use Google Maps to find the distance between your house and your school. Try changing the mode of travel. Does the distance change? How long would it take you to travel via car, bus, bike or walking?

Record the distance and travel time between your house and school using different modes of transportation.

	Car	Bus	Bicycle	Walking
Distance				
Travel Time				

2. Estimate or use Google Maps to determine how long your street is.

My street is about _____ long.

3. How many times would you have to travel the distance of your street to match the distance you travel to school?

For example: if Google Maps shows that you live 3km (3000m) away from your school and you determine your street is 300m long, you would have to travel your street ($3000\text{m} \div 300\text{m} = 10$) times to match the distance to school.

I would have to travel my street _____ times to travel the same distance as going from my home to school.

$$= \frac{\text{_____}}{\text{(distance to school)}} \div \frac{\text{_____}}{\text{(distance of street)}}$$

Lace up your shoes and go outside!

4. Travel the length of your street as many times as it would take to cover the same distance as if you were going to school (in the above example, it would be 10 trips). You can do it all at once or spread your trips out over the day to break it up.

Different ways I travelled on my street included: _____

Bonus: Use as many forms of active travel as you can (walking, hopping, leapfrogging with a sibling, running, scooting, roller-blading, biking, skipping etc.). Find the silliest, easiest, quickest or even a new way to move. Time yourself to find which way is fastest and to see if you get faster with practice!

Listening

Podcasts

Peace Out — *Relaxation stories for kids.*

- Bike Adventure (13:50) [<https://bedtime.fm/peaceout/s1e16-bike-adventure>]
“Put on your helmet and hop on your bike for a ride around in your imagination!”

Ear Snacks — *A musical podcast for kids about the world.*

- Steps (16:55) [<https://radiopublic.com/ear-snacks-8QdP06/s1!dd1a2>]
“Andrew & Polly and their friends think about STEPS - the kinds you take with your feet, like when you go on a walk with mom, or when you get up and dance!”

Expand and Connect

Suggestions to expand learning and create connections.

Find different ways to be active and move:

- Play “I Spy”(for younger children). Move around and touch the “spied” objects.
- Complete a scavenger hunt like Sierra Club’s outdoor scavenger hunt for [Gr. K-2](#), [Gr. 3-5](#)).
- Count steps on your walks or use a pedometer/smart watch.
- Explore apps that encourage kids to do physical activity ([Walkr](#))
- Older children can calculate their average travel speed for different movements (walking, running, skipping, cycling, scooting, skateboarding, etc.). You’ll need to know the distance travelled and the time it took to travel. Compare the speed for different modes of travel.

Still Curious?

Additional activities and information resources:

Capital Regional District Activities:

[Ready, Step, Roll program](#)

[Walk and Wheel to School Week](#)

ICBC Resources

[ICBC Road Safety Education for Teachers](#) — activity sheets and road safety booklets

[ICBC Road Safety Education for Parents](#)

If you have any questions about active transportation in the region, or are looking for ideas on how to connect this local topic with other learning opportunities, please contact us at education@crd.bc.ca.