

# Health benefits of active travel

Better by...



## About this activity

Suitable for all pupils. Supports the PSHE and Citizenship National Curriculum.

Put together a lesson or assembly adapted to the needs and level of your class to teach them about the health benefits of active travel.

Children and young people should engage in at least 60 minutes of physical activity every day. This could include travelling actively to school, which improves the air quality around your school and has health benefits for your pupils. You could use this as the basis for your lesson.

Why not host an assembly focusing on the health benefits of active travel? Or you could incorporate the message into a science lesson with a focus on health.

This activity could be incorporated into the environmental benefits of active travel activity. See Resources for more inspiration and lesson ideas.

## How it helps

This activity counts towards:

- Curriculum
- Supports the PSHE National Curriculum
- Encourages health and wellbeing

## Resources

Useful links, templates and case studies to support this activity

- [Find ideas on the Change4Life website](#)
- [Find out more from the NHS website](#)

### Get one step closer to accreditation:

Share how you delivered this activity by writing a short summary, uploading photos and other evidence.



## Activity steps

- 1. Get planning**

Work with your school travel working group or eco-council to decide how you will include the health benefits of active travel in lessons or assemblies.
- 2. Be resourceful**

Speak to your borough officer about what you're planning - they may have some resources you could use or suggestions for how to deliver activities.
- 3. Check for success**

How did your pupils find the lesson/assembly? What did they learn about the health benefits of active travel? Record their feedback.
- 4. Tell your story**

Sign in to Modeshift STARS to add your story and include pupils' feedback. Explain the activity and add photos and any posters or promotional materials. Feedback to your borough officer.