

Health and Physical Education Activities

Cycle to school with a friend.



- Write down as many rules that you can think of that are important when cycling to school.

Walk to school with a friend.

- Write down as many rules that you can think of that are important when walking to school
- Design an interesting excursion to a sport centre.
- Work out how to get there using only walking, cycling or public transport.

Take a walk around your school...



What changes would you make to the urban environment that would make it easier for you to walk or ride to school?

- Would you change the route of the road?
- Would you add a bus stop outside the school?
- Would you have more bicycle racks in the yard?
- What else would you suggest?

Design a public transport, walking and cycling rally visiting as many places as possible in the school day.

- Use it as a fundraiser for the school.
- You will need lots of bus/train/tram timetables and don't forget to arrange to be somewhere suitable for lunch.

Health and Physical Education Activities continued

Identify aspects of your school environment that encourages the use of
(a) cars (b) bicycles (c) walking.

- What do you notice?
- Is there a way the we can increase the use of cycles and walking and reduce the use of cars?

Interview people in the school and wider community about their knowledge of pollution and transport.

- As a class, work out a list of suitable interview questions to ask.
- What did you discover from your survey?

In Australia, if we continue to produce greenhouse gases at the current rate, what will be the impact on our lifestyle and environment in the future?

Organise bicycle safety lessons through the appropriate body in your State.

Invite a cyclist to speak to the class and tell of his/her experiences and reasons for cycling.

- Do they use the cycle as a method of transport or as a recreational activity?

List the benefits of cycling and walking over those of driving in a car.

