

CRD Education: Active Transportation

Active Travel Frenzy



Background Information

Data from a 2016 survey revealed that almost half the students in our region are driven to/from school (47%).

Active transportation (walking, cycling, etc.) is a great way to develop physical literacy in children of all ages. Active transportation helps build a child's physical competencies by incorporating fundamental movement skills, including running, wheeling and balancing, while also building their confidence through being able to move independently around their neighbourhood. Active transportation also provides many mental health benefits and creates opportunities for children to engage with neighbours in their community as well as creating opportunities to take breaks and socialize away from screens.

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! Making the choice to walk and wheel is beneficial for our physical and mental health as well as the environment. Each trip completed using active travel reduces traffic emissions and congestion, creating cleaner air and safer streets.

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. If you get stuck, look around your house and outside your window for clues!

How students in the capital region travel to and from school



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

Video

Watch a quick tutorial showing the basics of how to use Google Maps for directions and trip panning skills which will be used in the Hands-On activity to follow. 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>]

Note: Before undertaking any of the outdoor activities outlined in this resource, please be sure to follow the latest COVID-19 Provincial Support and Information found [here](#).

Hands-On

Map your travel route from home to school.

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: try using as many forms of active travel as you can (walking, hopping, leapfrogging with a sibling, running, scooting, rollerblading, biking, skipping etc.) find the silliest, easiest, quickest or even a new way to move. Try timing yourself (with adult help if needed) to find which way is fastest and to see if you get faster over time 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!”

Pants on Fire - *Each week, a kid interviews two experts in a particular topic – one, a genuine, credentialed expert, the other a low-down dirty liar. Hilarious and fast-paced, the show encourages kids to teach themselves how to ask insightful questions, weigh the evidence before them, and when to trust their gut.*

- Bicycles (22:00) Ep. #30 [<http://www.bestrobotever.com/pants-on-fire>]

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

- Steps (16:55) [<https://radiopublic.com/ear-snacks-8QdPO6/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 (make your own, download an app like [Monkey Spot Scavenger Hunt](#) or check out the 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](#), [Pokemon Go](#)).
- 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](#)

[Bike Route Map](#)

[Bike Counts](#)

[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 feel free to contact us at education@crd.bc.ca.