

Home school active travel challenges

Daily Active Walk

Play 'I Spy' or write down all the birds, animals and plants that you can see as part of your daily exercise allowance. Can you sketch your favorite animal or write about what makes them special?

Design a parking pledge badge

Remind your parents to park responsibly by designing a tax-disc size parking-pledge badge for the car windscreen.

Why might poor parking be dangerous?

Active travel poetry

Write a poem about a memorable journey you made by bike, scooter or on foot. Include details about why you love walking, scooting or cycling. Can you include similes, metaphors, alliteration, rhyme, rhythm, repetition or humour?

Traffic Counts

Monitor traffic from your window for the next week or month. Count the number of people walking, scooting, cycling and the number of cars, vans and lorries. Can you draw a bar chart or graph and describe any changes over time?

Create your own road safety campaign

Create a poster that helps to keep people safe when walking, cycling or scooting and display it in your window. Can you perform a road safety play or create a short YouTube video to share online?

Doorstep Daily Mile

Use a map to find a safe walking route from your front door or figure out how many laps of the garden it would take to complete a mile. How many steps does it take to walk the route?

Scoot or cycle

Scoot or cycle to your local green space as part of your daily exercise allowance. When completing the daily mile, try riding twice the distance by scooter or three times the distance by bike. Remember to keep a safe distance from others.

Brighten up your street

Make your own paint and create active travel art for the windows at home. Mix 1-part salt with 1-part flour and 1-part water. Add food colouring of your choice and store in old squeeze bottles. Can you paint a bike or scooter?

Traffic Signs

Make a note of the road signs you see when out walking or travelling by car to the supermarket. Ask an adult or research the highway code to find out what they mean. How do they make the streets safer?

Bling your bike or scooter

Recycle old boxes, card and paper or use crafty kit to decorate your bike or scooter. Why not go for an Easter egg animal theme or super space theme ahead of Star Wars day - May the 4th be with you? Tweet your photos @DoncasterActive



Safety Check your bike

M-check or ABC check your bike to make sure it's safe to ride. Don't forget to oil your chain and pump-up your tyres.

YouTube videos like this one can help:

<HTTPS://WWW.YOUTUBE.COM/WATCH?V=4QTX60BCNK0>

Research air quality

Research the internet and news articles to find out how air pollution affects our health.

How has the recent crisis affected air quality and what can we learn from this?

Street Audit

Make a list of all the things on your street that might cause traffic accidents or that make it a dangerous place for children.

What would you do to make it a safer and more enjoyable place to walk, cycle, scoot or play?

Write a persuasive letter

Write to your Headteacher or local councillor and ask them to support walking, cycling and scooting in your area. Can you explain to them why road safety and active travel are so important for young people and the environment?

Creative writing

In 2035 the obesity epidemic and climate crisis lead to a global lockdown on cars and planes. Desperate for adventure, you decide to travel the world by bike. Write an imaginative story about your journey, the countries you visit and the people you meet.

Read a book

There are dozens of books about cycling for children:

<WWW.CYCLESPROG.CO.UK/CATEGORY/REVIEWS/KIDS-CYCLING-BOOK-REVIEWS/>

After you've finished write a book review about what you liked and how it could be improved. Can you compare it to other books you've read?

Plan a micro-adventure

Use your time indoors to plan a family day out or future holiday without the car. Research options to travel by bike, bus or train. How far could you travel? What essentials would you need?

<HTTPS://ALASTAIRHUMPHREYS.COM/MICROADVENTURES-3/>

Create an active travel superhero

Draw a picture or write a comic book style story board about an active travel superhero and their arch enemies. What superpowers might they have that help to save the planet, make our roads safer and lead us towards a healthier, happier future?

Contact Details

For more advice on any of the ideas listed or to promote active travel in your local area do please get in touch.

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