

Action Group session

Aim of the session

To develop a group of pupils within a school who run events/activities/campaigns to increase Active Travel in their school

Learning objectives:

- To outline the benefits to active/ sustainable travel?
- To look at what encourages people to cycle/walk or use public transport.
- To think about which actions you could take to promote Active and sustainable travel to the rest of the school.
- To develop a set of promotional materials and ideas which will be used throughout the school

Time	Activity	Resources
5 mins	<p>Introduction:</p> <ul style="list-style-type: none"> • Set out the aims of this session – Learning objectives 	
5 Mins	<p>What are the benefits of Active Travel?</p> <p>Discuss as a whole class.</p> <p>Prompt the group with questions such as ‘What do you like about cycling/ walking to school?’ ‘What do you like about your journey to school?’</p> <p><i>Responses such as : Health, environment, cost, time, independence, fun, fresh air, meet up with friends.</i></p>	<p><i>White board and pens.</i></p>

10 mins	<p>How can you encourage people to walk or cycle to school</p> <p>In groups of 4 brainstorm different ways of encouraging people in your school to travel actively and sustainably. Write one idea per post-it note.</p> <p>Prompt the group with questions such as 'What sort of activities/events/things can we do to encourage children in your school to travel actively? What sort of things would encourage you to travel differently?'</p> <p><i>Likely responses : Travelling actively for charity/ sponsored event, creating marketing material (Newsletter, poster, website, blog) run a competition, give out prizes, give out information (talks, presentations, assembly, parents events)</i></p> <ul style="list-style-type: none"> • Report back to the whole class - Ask for one idea per group and for a member of the group to put their post-it on the board. Ask each group to give an idea that has not already been said, continue round the room until all ideas have been included.. • Once all ideas are up on the board arrange them by category (events, competitions, marketing material) 	<i>Post it notes</i>
25 mins	<p>Develop campaign materials/ event ideas</p> <p>The aim is to get the class to further develop their ideas so the school could actually follow through with action, for example, the school might actually run an Active Travel competition. There is an instruction sheet for each category attached which provides the pupils with a structure to work to.</p> <p>(If a group finish early can give them a new category)</p>	<p><i>Instruction sheets (attached)</i></p> <p><i>Coloured pencils</i></p> <p><i>A3 paper to create posters</i></p>
15 mins	<p>Plenary and summary</p> <ul style="list-style-type: none"> • Each group will present their idea to the class. Explain how they came up with the idea and why they think it will work. 	

	<ul style="list-style-type: none"> • Children will take a vote on whose ideas they think will be the most successful. 	
5 mins	<p>Follow up activity</p> <ul style="list-style-type: none"> • School can run an event/ activity or use marketing materials that the group develop in the session. 	

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