

LESSON 1 : STUDENT WORKSHEET

Benefits of Active Travel

Name: _____

Date: _____

Active travel means walking, cycling, scooting or using public transport to get to school or places in the community – even part of the way.
Remember: "Part Way is OK!"

1. How Do You Get to School?

Tick how you usually travel to school. Then tick the type of travel it is.

I usually come to school by:

☐ Walk ☐ Ride ☐ Car ☐ Bus ☐ Scooter ☐ Train ☐ Other: _____

I think this is:

☐ Active Travel ☐ Passive Travel ☐ Both Active and Passive Travel

2. What are some good things about active travel (walking, riding, scooting or public transport)?

Write or draw your ideas in the space below.

Active travel is good because...

3. Sorting the Benefits

Read the list of benefits below. Sort them into the correct columns on the next page, or link using colours.

Colour key: ● **Health & Wellbeing**

● **Community**

● **Environment**

Add any other ideas of your own.

Fewer cars on the road
Feel happier and less stressed
Less air pollution
Safer streets
Spend time with friends

More active and fit
Clean air for animals and people
Save money on petrol
Feel more confident
Chatting to the neighbours

Lesson 1 Student Worksheet: Benefits of Active Travel

Health & Wellbeing

Community

Environment

4. Active Travel and the Planet

Review the Why Active Travel is Awesome poster. Then answer: Active travel helps the planet because...

(Hint: Think about pollution, nature, or climate change.)

5. Reflection - Draw or write your answer below:

I can help the planet by...

Draw it here! (Optional)

Checklist – Today I Learned:

Put a ✓ next to each one you did today:

- ☐ I learned what active travel means.
- ☐ I contributed at least one idea to the board or my pair.
- ☐ I learned that active travel can help the environment by...

Something I still wonder about is...
