

MAPPING ACTIVE TRAVEL ROUTES



AIM

- To encourage participation in active travel by providing students with useful mapping skills and knowledge of local region.

VELS: Level 3/4

GRADE: 4-6

- [The Humanities](#) - Level 3

Students develop awareness and understanding of the effects of people's interactions with their environment and the ways in which these affect their lives.

Students draw simple maps and plans of familiar environments observing basic mapping conventions.

- [Health and Physical Education](#) - Level 3

Students explore how the school and community contribute to the health of its members, both through the impact of its physical and social environments and through the services and facilities it provides.

- [The Humanities; Geography](#) - Level 4

Students develop mapping skills and use conventional geographic language, including scale, compass points for direction, alphanumeric grid references and legends, to locate places. They learn about and interpret their location relative to other places.

- [Health and Physical Education](#) - Level 4

Students discuss and develop strategies for improving their personal health.

DURATION (approximate) 1hr 55mins

- 20mins: Introductory map reading skills & Discussion
- 1 hours: Mapping Active Travel Routes Activity
- 15mins: Extension Activity
- 20mins: Follow-up Class Discussion

LINK

- [Back to contents page](#)
- [The Grand Tour of Australia \(PART 1\)](#)



MAPPING ACTIVE TRAVEL ROUTES

LESSON NOTES

EQUIPMENT/PREPARATION

- 1 activity sheet per student: [Mapping Active Travel Routes](#)
- Ruler, Calculator, Colored Textas or Pencils.
- Star stickers (optional), to be used by students as map markers.
- Photocopy or download a map of your local area.
- Enlarge map to A3 size for workability.
- Provide 1 map per student.
- Useful Links to maps:
 - Melways: www.street-directory.com.au
 - Map for all areas of Australia: www.whereis.com.au
 - Travel Smart maps (Melways maps with highlighted bike paths): www.travelsmart.vic.gov.au

LESSON *(This lesson could also be run as an IT class, using online maps)*

- **Introductory Map reading skills:** Teach students how to:
 - Read the map; understand symbols in the key.
 - Use the scale to measure distances from home to school.
 - Estimate walking and cycling times in relation to distance.
- **Introductory Discussion:** brainstorm what constitutes quiet or interesting neighborhood routes and how these may be identifiable in your local area and on the map. For example:
 - Foot paths, marked bike paths
 - Zebra crossings, 'Lolly-pop' People, traffic lights
 - Low traffic use areas
 - Parklands
 - Local knowledge; dangerous areas, big trucks, big dogs.
- **Activity:** Students complete [Active Travel Mapping Activity](#) sheet.
- Early finishers complete extension activity (see end of activity sheet).
- Hold a follow-up class discussion (see topic suggestions).
- ***Laminate students' maps so they have a durable, usable resource to take home.***

FOLLOW-UP DISCUSSION TOPICS (Suggestions)

- Discuss the health, environmental and social benefits of riding and walking to school. For information, visit: *Better Health*:
 - [Cycling and Disease Prevention.](#)
 - [Exercising improves your health](#)
 - [Cycling Health and Safety Tips](#)
- Identify what inhibits students from riding or walking to school.
- What could make riding or walking to school more appealing and how could the class initiate positive neighborhood changes? For example:
 - Letters to council
 - Presentations to school council
 - Stenciling foot paths and bike paths
 - Fundraisers for infrastructure
 - Whole school surveys
 - Write an article for the school newsletter

GOING FURTHER: *Create a Walking Bus or a Pedal Pod (riding school bus)*

- Gather student and parent interest in regards to forming a pedal pod and/or walking school bus for students in grade 4 and below who might not be experienced enough to ride or walk on their own.
- Information and forms can be accessed from Vic Health via www.ride2school.com.au
- Interested students can add their Pedal Pod or Walking Bus route onto their Active Travel Map.



MAPPING ACTIVE TRAVEL ROUTES



1) What street do you live on? _____

Draw a star on the map where your home is located.



2) On what street is your school located? _____

Draw a star on the map where your school is located.



Draw a line from your home to your school following the roads and paths that you usually travel.

3) How do you usually travel to school? _____



Use the map key and a ruler to work out the distance that you travel to get to school.

4) What is the distance from home to school traveling along this route?

_____m/km

5) How long does it usually take you to travel to school? _____min/hours



Work out which is the most interesting way to cycle to school.

(Remember that you are allowed to travel on the foot paths if you are under 12 yrs old). Draw the route onto the map using a different color.



6) What is the distance along this route? _____ m/km

7) **Estimate:** how long would this route take by bicycle? _____ min/hours

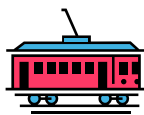
Work out which is the most interesting way to WALK to school. Draw the route onto the map using a different color.



8) What is the distance along this route? _____ m/km

9) **Estimate:** how long would this route take to walk? _____ min/hours

10) What is your preferred way to travel to school? (Circle)



OTHER: _____

11) What are some benefits of being active on the way to and from school?

12) If you are usually driven to school or take the school bus, what would make riding or walking more appealing for you? (Circle)

BIKE PATHS



PARKLANDS PATHS



QUIET ROADS



QUIET FOOTPATHS



ROAD CROSSINGS



TO OWN A BIKE



Other comments or ideas: _____

13) Would you like to walk or ride to school with other students from your class who live on or near your walking or cycling route? (Circle)



Yes No Maybe Write their name _____



Yes No Maybe Write their name _____

Find out where they live and mark the spot on your map with a circle.



MAPPING ACTIVE TRAVEL ROUTES

Extension

On your map identify and draw lines **using different colors** to mark nice walking or cycling routes from YOUR HOME to one or more of the following locations:



YOUR BEST FRIEND'S HOME



THE LOCAL SHOPS



YOUR LOCAL POOL or SPORTS COMPLEX



YOUR FAVOURITE ENTERTAINMENT VENUE



YOUR LOCAL PARK



ride2school.com.au