

Active Travel Superhero

Class/Grade: Grade 1-8

ACTIVITY GOAL:

Build student awareness on clean methods (active school travel, bus travel, no idling) of travel and why it is important (clean air preserves the environment, physical health and academic performance).

CURRICULUM EXPECTATIONS:

Health and Physical Education - Healthy Living

Grade 5: C1.1, C2.2

Grade 6: C1.3, C2.3,

Grade 8: C1.2, C2.2, C2.3

Language-Writing

Grade 5-8: 1.1, 1.2, 2.3, 2.4, 3.4, 3.5

FOUNDATIONS:

Social and Physical Environments

Student Engagement

Curriculum, Teaching, Learning

LEARNING/LESSON ACTIVITY DESCRIPTION:

Students or the class will create a superhero that stands against idling and promotes clean methods of travel.

REQUIRED RESOURCES:

Paper, markers or crayons or pencil crayons

INSTRUCTIONS:

Setting the Stage

Define and discuss active travel with the students (active transportation is any form of human powered travel such as walking, biking, rollerblading, skateboarding, etc.). Instruct and aid the students in brainstorming benefits of active travel. Benefits of active travel can be found at <http://activesaferoutes.ca/school-travel-plans/benefits-to-stp-and-asrts/>. Specific environmental benefits of active school travel can be found on the poster located on page 9.

Activity

After the class has discussed active travel, have each student or the class come up with a superhero that promotes active school travel.

Students are to describe the superhero's powers, weaknesses, outfit, villains the superhero stands up against and the superhero's personality. Students will also explain why the superhero stands up for clean methods of travel and why the superhero takes action against personal vehicle travel/air pollution.

Sharing Superheroes

Provide class time for students to share their active travel superheroes. Students can be divided into groups of 3-4 and share their heroes with fellow classmates.

ASSESSMENT:

Teachers can decide on how they would like to assess their students.

Students should be able to clearly identify and explain the reason why they encourage clean methods of travel and why it is good for the environment.

ACTIVITY TWEETS

- 1) It's a bird, it's a plane, no it's an active travel superhero!!! Have your child come up with an active travel superhero with the Active Travel Superhero activity at school.
- 2) Strong, noble, honourable are just some of the attributes that make a hero. Have your child come up with more ideas about heroes and clean travel methods to make their own active travel hero.

NOTES:
