



Ngā Hua Ara Ōkiko

Active Travel Benefits

What teachers need to know

This is Lesson 6 from a series of six lessons about connecting with our environment and people. See [Te Hono Atu – Overview](#).

The purpose of this activity is to explore the benefits of active travel (walking or wheeling).

Your ākonga (students) will need the learning resource, [Interview Prompts – What are the Benefits of Active Travel? \(Ngā Whāngai Kupu Uiuinga – He aha ngā hua o te Haere Whakakorikori?\)](#).

Teacher preparation:

- Read through this resource.
- Print out the [Interview Prompts](#) for each pair of ākonga.
- Refer to or print out [Benefits of Active Travel \(Ngā hua o te Haere Whakakorikori\)](#) table.

 5 mins

Learning intentions – students will:

- Know the benefits of active travel (walking or wheeling).

Success criteria – students can:

- Use oral language to explain the benefits of active travel.



New Zealand Curriculum Achievement Objectives:

English – from Te Mātaiaho – The Refreshed New Zealand Curriculum:

Know, Understand, Do:

Years 4-6 – Progress outcome for English by the end of year 6.

Do – Te whakamahi rautaki ki te whai māramatanga (Comprehending and creating texts):

- I can use writing as a tool to think about, record, and communicate experiences, ideas, and information.

Years 7-8 – Progress outcome for English by the end of year 8.

D – Te whakamahi rautaki ki te whai māramatanga (Comprehending and creating texts):

- I can use the codes and conventions of different modes and text types for effect in the texts I compose.

Social Sciences and Social Studies – from the New Zealand Curriculum:

Level 2 – Students will:

- Understand how people make choices to meet their needs and wants.
- Understand how places influence people and people influence places.

Level 3 – Students will:

- Understand how people make decisions about access to and use of resources.

Level 4 – Students will:


- Understand how people participate individually and collectively in response to community challenges.

Education for sustainability concepts:

- Connectedness.
- Participation for change.
- See [Education for sustainability](#).



Learning experience

 60 mins

1. In pairs discuss the benefits of active travel (walking or wheeling) using the interview questions from the [Interview Prompts – What are the Benefits of Active Travel? \(Ngā Whāngai Kupu Uiuinga – He aha ngā hua o te Haere Whakakorikori?\)](#) template. Record the answers for both of you.
2. One ākonga will be the interviewer/host and the other one the guest on the “show”. The interview could be done informally or set up a role play as if you were on a TV game show. If possible, use a digital device to record the interview.
3. Share the interviews with another group or the whole class.
4. Collate the benefits for each question to put on display. Use [Benefits of Active Travel \(Ngā hua o te Haere Whakakorikori\)](#) template.

Further activities, resources, and links

- See the list of [pukapuka \(picture books\)](#) and [links to pūrakau \(stories\)](#) about atua (Māori gods) that you could use in your classroom.
- [Te haerenga ki te kura | Getting to school \(community\)](#)

