

Tirohanga Whānui

Movin'March Overview



What teachers need to know

This document gives an overview of our Movin'March educational resources. There are five topics and supporting information. Each resource can be used as a stand-alone activity or alongside others in the series. Together these resources explore the many benefits of active travel (walking or wheeling) to school. The resources can be used to support schools during Movin'March or at any time of the year.

New Zealand Curriculum Achievement Objectives

To see the New Zealand Achievement Objectives for the resources below, refer to the [Overview – Achievement Objectives](#) document on [Movin'March overview](#).



Summary of resources

To view the Movin'March topics below, go to our [Movin'March resources](#) page.

Movin'March topic	Learning intention	Activities	Time	Year group	Learning areas
He aha rā a Māehe Manawa Ora? (What is Movin'March?) (Time: 45 mins)	<ul style="list-style-type: none"> To introduce the concept of Movin'March. To understand that there are many ways to travel to school. 	<ul style="list-style-type: none"> Discussion and two short videos Compare past, present, and future Ngā Haerenga o ngā Tamariki Tool 	15 mins 15 mins 15 mins	0-8	English Social Sciences Mathematics and Statistics
Toiora (Wellbeing) Teaching resource and worksheet (Time: 15 mins)	To increase students' awareness of how their body feels when they move and how it can improve their mood.	<ul style="list-style-type: none"> Discussion and self-evaluation of their feelings (body, mind) Exercise/movement Self-evaluation and discussion 	5 mins 5 mins 5 mins	0-8	Health and Physical Education
Hono (Connecting) (Time: 20 mins)	To help students understand that by walking and wheeling to school they can feel better connected with their friends, family, neighbours, animals and nature.	<ul style="list-style-type: none"> Discussion Connect with nature 	10 mins 10 mins	0-8	English Health and Physical Education
Te Taiao (Environment) (Time: 25 mins)	To make students aware that 'active travel' is a really easy way for us to reduce our carbon footprint. We can actively do something about climate change by reducing our carbon footprint and caring for our planet, Papatūānuku.	<ul style="list-style-type: none"> Discussion Watch videos explaining climate change, carbon footprints, and the Māori creation story. Discuss Walk and discuss whakataukī. 	5 mins 12 mins 3 mins 5 mins	0-8	Science

Movin' March topic	Learning intention	Activities	Time	Year group	Learning areas
Māia (Confidence) Teaching resource and worksheet (Time: 70 mins)	To develop road safety skills and knowledge, to know how to make good decisions to keep safe, and to build self-confidence and independence.	<ul style="list-style-type: none"> • Discussion • KWL Chart • Kerb Drill • Watch road safety videos • Watch scooter safety videos • Rate confidence 	10 mins 15 mins 15 mins 12 mins 12 mins 4 mins	0-6	Health and Physical Education English
Mātātoa mahi (Adventure) (Time: 75 mins)	To encourage a sense of adventure. To notice, explore, and discover interesting things in the world around you as you are actively travelling.	<ul style="list-style-type: none"> • Discussion • Choose from: <ul style="list-style-type: none"> ◦ Sensory Collage ◦ Animal count ◦ Rainbow colour 	15 mins 30 mins 15 mins 15 mins	0-3	Health and Physical Education English Art Mathematics
Te Haerenga o ngā Tamariki (The Children's Journey) Data collection tool - guide	To collect data to create graphs that show the difference in how families travel.	<ul style="list-style-type: none"> • Statistical enquiry 	60-90 mins	0-8	Mathematics and Statistics



Further activities, resources, and links

Related Greater Wellington programmes:

- [Pedal Ready – cycle skills training for Y5-8](#)

Pedal Ready is a fully funded programme to teach your senior students cycle skills. Pedal Ready offers training at grades one and two.

- Grade one cycle skills training takes between 3-3.5 hours and is held in a non-traffic environment, usually in a school playground.
- Grade two training takes 7 hours in total, with a minimum of six hours riding on local roads. Students must complete grade one before they can begin grade two.

Our bookings coordinator can help plan sessions, send out safety posters, arrange extra bikes, and provide links to relevant resources, such as the [BikeReady curriculum-based learning](#).

- [Scooter Ready – scooter skills training for Y0-4](#)

The Scooter Ready programme teaches younger students important road safety skills in a 60 minute session. It covers traffic awareness, footpath etiquette, looking for cars reversing out of driveways, and what to do at pedestrian crossings and intersections.

Visit our website for booking information, our Wellington Paranormal scooter safety videos (versions in Te Reo and English), safety posters and links to curriculum resources, such as Auckland Transport's [Scoot Skills unit plan](#).

- [Bikes in Schools](#)

Bikes in Schools is a programme to allow students equal access to bikes and tracks in the school setting so everyone can experience the benefits of cycling. Learn about how to get funding, which schools already have tracks in your community, and how to incorporate new games in your sessions.

- [Enviroschools Te Upoko o te Ika a Māui – Wellington Region](#)

Our EnviroSchools facilitators support early childhood centres and schools commit to a long-term sustainability journey. Ākonga (students) connect with and explore the environment, then plan, design and take action in their local places in collaboration with their communities.

Related external resources:

- [Resources for Environmental Education \(NZAEE\)](#)

NZAEE's mission is to connect and inspire educators, ākonga and communities to learn, collaborate and take action for te taiao. They provide resources they think are essential for educators in environmental and sustainability education.

- [House of Science resources](#)

House of Science provides relevant, comprehensive resource kits with all the materials needed to carry out engaging science lessons. The bilingual kits are delivered to schools using a subscription based library system.