

The NI School Run

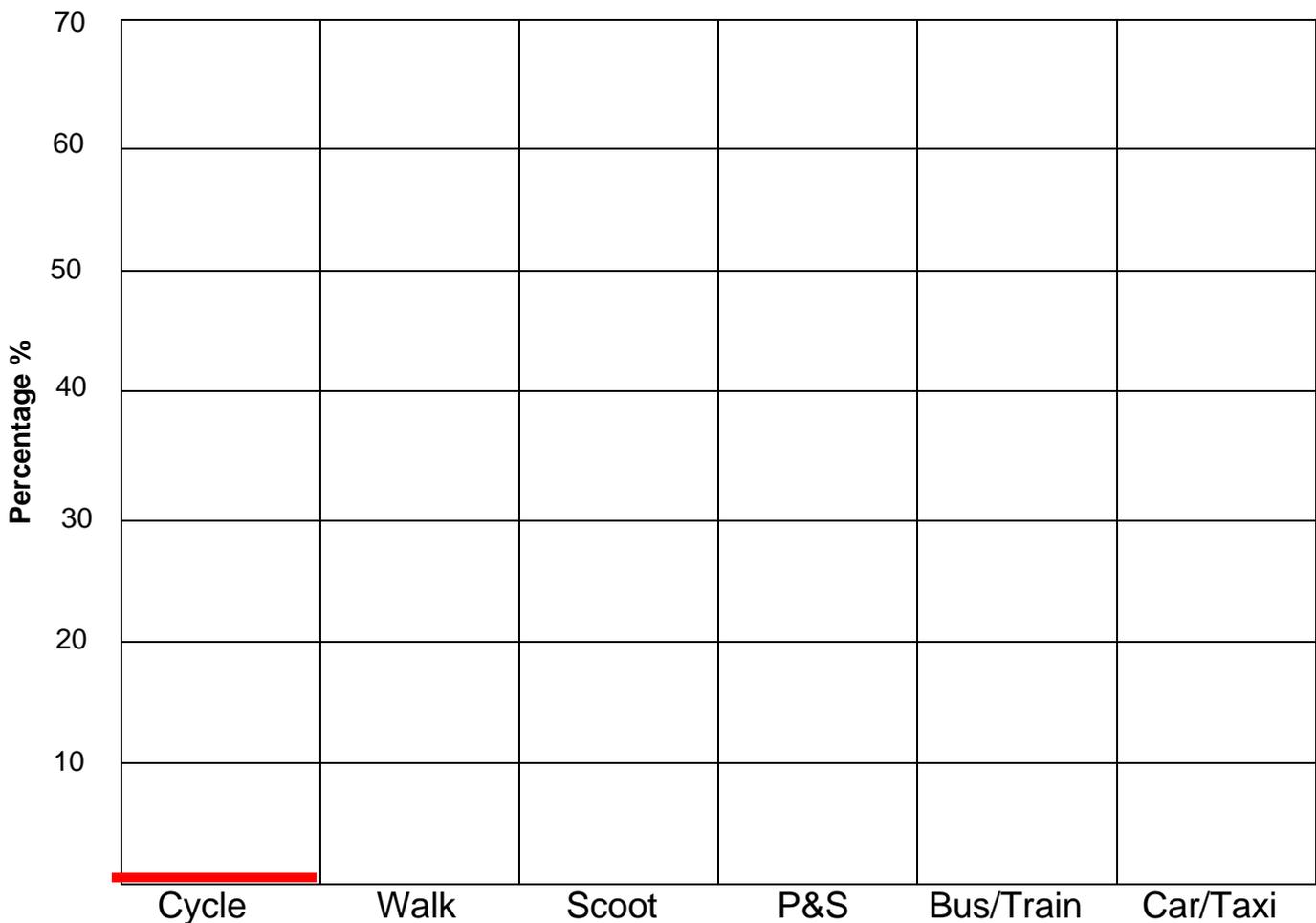
Watch this video first!
https://www.youtube.com/watch?v=Pwr_yF59qZ8

Pupils were asked 'How do you usually (most often) travel to school. Here are the results:

Mode of travel	% of pupils
Cycle	1
Walk	19
Scoot	1
Park & stride	3
Bus/Train	8
Car/Taxi	68

On the grid below, draw a bar chart to show the data.

Graph 1



The NI School Run

Pupils were asked 'How would you most like to travel to school?'

Mode of travel	% of pupils
Cycle	55
Walk	17
Scoot	9
Park & stride	4
Bus/Train	5
Car/Taxi	10

On the grid below, draw a bar chart to show the data.

Graph 2



Discuss!

What are the benefits of being active (walking, cycling, scooting and Park & Stride journeys) on the 'school run'?

Write as many reasons as you can think of in the think bubble below.



Challenge!



There are many different ways that pupils travel on the 'school run'. Some are active ways whilst others are inactive. Getting daily exercise is important for our health and wellbeing. Your challenge is to go for a family run (or walk!). Try to be active for at least 15 minutes on your run. This could be at your local greenspace, forest or even in your garden!