



Active Travel

JTA 1: Hello, my name is (all JTAs say your names) and we are your JTAs. Today we are going to talk about Active Travel.

JTA 2: So what is Active Travel? Active travel is when you use your **body** to travel places – such as by walking, scooting and cycling.

JTA 3: Why travel actively? It is a fantastic way to travel because you get fit and healthy at the same time as getting somewhere. It doesn't cost any money to do this so everyone can do it!

JTA 4: Walking is great because you can do it easily with friends and you get to enjoy your local area. What interesting things can you notice on your way to school? There might be cool plants or trees or animals.

JTA 5: Riding a bike is also brilliant because it can get you places quicker than a car as you don't get stuck in traffic! Another good thing about bikes and scooters is that they take up much less space than a car. If everyone came by bike or scooter instead of in a car, there would be much less traffic making roads safer.

JTA 6: Travelling actively is also fun and you can do it together with your friends and family! Why not come to school by bike, scooter or walk with a friend?

ALL: Who is going to come to school tomorrow (say Monday if you are doing the assembly on a Friday) using Active Travel. (Wait for children to put their hands up). Excellent. We look forward to seeing you all enjoying Active Travel.

Thank you for listening

