

STARS AT HOME ACTIVITIES: SECONDARY SCHOOLS

Please remember whatever active travel activities you decide to do, follow the current government COVID guidelines:

Stay at home, protect the NHS, save lives!

JANUARY

#Fakecommute

Defining the beginning or end of the school day is important for mental as well as physical health. It sets you up for the day or makes you feel the work part of the day is beginning/ending. Did you know that an active travel school journey can help students to concentrate for up to four hours? So why not head out for a #fakeschoolrun before you start your school day. Use social media to get others to join in: #WalkingFromHome #Fakecommute #Fakeschoolrun Tag us on Twitter too @ealingSTARS. Follow your #fakecommute with a healthy breakfast for a perfect start to the day.

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FEBRUARY

Valentine's Day 'love your heart' active travel day

Date: 14th February 2021

Activity: Organise events or an assembly to promote the health benefits of active travel

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MARCH

March in March

Activity: A month to promote walking despite inclement weather.

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Activity: Hold a Step Counting Week

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World Book Day: <https://www.worldbookday.com/>

Date: 4th March 2021

Activity: Explore active travel through a book: <https://www.worldbookday.com/>

Think 'Around the World in 80 Days', 'The Adventures of Tom Sawyer', 'A Heart on a Body in the world', 'The Alchemist' among a treasure chest of other travel delights in Young Adult fiction and non-fiction.

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British Science week: [British Science Week 2021](#)

Date: 9th-13th March 2021

Activity: Students: Think about how being a conscious consumer links with active travel. Write/promote/make a video to explain the benefits of being a Conscious Consumer outlining the role of active travel.

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WWF Earth Hour: <https://www.worldwildlife.org/pages/earth-hour>

Date: 28th March 2021

Activity: Air quality is a huge environmental issue facing us all. Research the human impact on air quality in your area/London/UK etc and plan what we can do to improve it. Design a campaign to spread the word and show people what needs to be done.

https://stars.tfl.gov.uk/cdn/static/cms/documents/TR20200028%20STARS%20HS%20YTA%20activity%20card%20AT_V2.pdf

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MORE AT HOME RESOURCES TO PROMOTE STARS

ENVIRONMENT

- [Raise awareness and improve Air Quality](#)

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- [Help encourage Anti-idling by drivers](#)

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ART & DESIGN

- [STARS School Travel Arts Competition](#)
- [Design a moquette](#) (the patterns we see on the seats in trains and buses in London)

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PHYSICAL EDUCATION

- Complete your daily exercise every day for a week - keep a record, can you mix up your exercise? From walking, to cycling, to scooting to skating, mixed with a little bit of HITT. Keep a record of your heart rate – does this change over the week? With certain types of exercise? Why?

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SCIENCE

- [Geocaching](#)
Please remember to follow the current COVID guidelines when Geocaching and use active modes of travel between geocaching sites.
- Anti Idling – Get in touch with [Idling Action London](#) to see what online workshops they can arrange online for your students.

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JOURNEY PLANNING

- [Plan your journey to walk/ cycle/ scoot to school when you return](#)

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- [Create your own Walking Zone](#)

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PUBLIC TRANSPORT

- Public transport quizzes

[The Creative Quiz](#)

[The Impossible Quiz](#)

[The Ultimate Quiz](#)

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- [London Underground playlist- ever wondered if there is a track for every tube station?](#)

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CYCLING

Try cycle training from home with these excellent videos produced by TfL and the Bikeability Trust.

- [Cycle Training](#) with TfL
- [Cycle Training](#) with the Bikeability Trust

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ROAD SAFETY

- [Teen Awareness Road Safety Campaign](#)

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- [Promote responsible behaviour on public transport](#)

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LESSON PLAN AND RESOURCES FOR ACTIVE TRAVEL

- [Living streets resource pack- lesson plans](#)
From postcards, to the Walking Randomiser and My Walking Week: there's a great selection for you to get involved.
- [Sustrans Outside In](#) 4 weeks of active travel lessons, games and challenges

Games, videos and weekly challenges to help you enjoy some cycling, walking and scooting fun during lockdown. Time to get the whole family involved.

