

Teaching ideas and curriculum links

The following teaching activities have been created to link to the Key Stage 2 curriculum. The activities use the Walk4Life website to encourage children to walk more whilst teaching them about maps, distance and healthy lifestyles.

The Walk4Life website and teaching resources are free to use. If you have any questions or would like us to demonstrate how the website works please contact abi.mansley@walkengland.org.uk for more information.

1. Activity - Guess how far

Ask children to estimate the distance in minutes and in miles from school to - the local park or the village green, to the church, mosque, synagogue or local shops, then measure it by using the www.walk4life.info/node/add/walk facility.

Work out how long it would take you to walk to each destination if you walk at 3 miles an hour. Work out how fast you do actually walk, and recalculate your walk's time.

Key Stage 2 Curriculum links - Mathematics

- 1(a) extend children's understanding of the number system ...
- (d) apply measuring skills in a range of contexts
- (f) explore and use a variety of resources and materials, including ICT



2. Activity - Walk to the Moon

Ask children to work out how many weeks it would take for the class to add up enough miles to reach the moon if they each walk 2 miles every day (the moon is on average 240,000 miles away).

How fast could they do it if all the school joined in? Or if everyone in the class walked five miles a day?

Form a group and get started on your moon walk by visiting www.walk4life.info/groups

Key Stage 2 Curriculum links - Mathematics

2 Number and algebra

Using and applying number - problem solving

- (a) make connections in mathematics and appreciate the need to use numerical skills and knowledge when solving problems in other parts of the mathematics curriculum
- (c) select and use appropriate mathematical equipment, including ICT
- (e) make mental estimates of the answers to calculations; check results
- (f) explore and use a variety of resources and materials, including ICT



3. Activity – What Does a Mile Look Like?

Set the children the task of marking out a measured mile in the playground. How far do they think it will be?

What equipment will they need to measure and mark it?

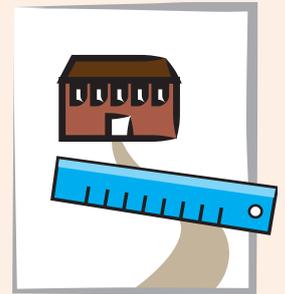
To get free waymarkers see www.walk4life.info/about-walk4life/walk4life-resources

Key Stage 2 Curriculum links - Mathematics

3 Space and Measures

Understanding measures

4(b) recognize that measurement is approximate; choose and use suitable measuring instruments for a task



4. Activity – Get Talking about Walking!

Set up a group on www.walk4life.info/groups and upload photos of your walks.

Look for other school groups on the site to exchange information with.

Key Stage 2 Curriculum links - ICT

Pupils use a wider range of ICT tools and information sources to support their work in other subjects.

Exchanging and sharing information

3 (a) how to share and exchange information in a variety of forms



5. Activity – Our Local Area

Ask the children to find whether anyone has already mapped any walks near the school or near their home using www.walk4life.info/find-a-walk

Ask them to experiment with zooming in and out of the map to see various scales.

Ask them to plot their walk to school, and then to plot other walks which they know and like at www.walk4life.info/node/add/walk

Key Stage 2 Geography

Geographical enquiry and skills

2(c) to use ... maps and plans at a range of scales..

(f) to use ICT to help in geographical investigations

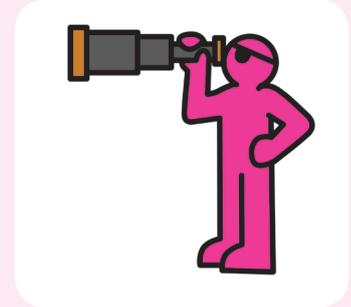


6. Activity – What Does our Local Area Need?

Discuss how the area immediately around school is affected by the traffic which brings the children to school and takes them home.

What is it like on the roads outside the gates at the beginning and end of the day. Ask the children what could be done to make it better.

Stir up enthusiasm for a walking challenge to inspire children to walk at least the last half mile to school by parking further away.



Key Stage 2 Geography

Knowledge and understanding of environmental change and sustainable development

5(a) recognize how people can improve the environment ...

Breadth of study - Themes

6 (e) an environmental issue caused by change in an environment (for example, increasing traffic congestion)..... and attempts to manage the environment sustainably ...

7. Activity – Knowing Better: Living Better

Discuss the elements of a healthy, happy life. Ask the children to show you - using body language – how they feel at the very moment. Take them out into the grounds and walk briskly for 10 minutes.

Return to the classroom and ask them to show you again how they are feeling. Discuss any changes and their possible causes. Remind them that they are developing responsibility for their own bodies, minds and health.



Key Stage 2 Citizenship

Developing a healthy, safer lifestyle

3(a) what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices

Any questions?

You'll find lots of helpful information on the website including how to guides and videos but if you have any questions or just want to talk to us about how the Walk4Life website could be used in your classroom then please contact Abi Mansley on 07914 273271 or abi.mansley@walkengland.org.uk

Feel you need a Walk4Life workshop? Get in touch if you'd like us to demonstrate how you can use the Walk4Life website in the classroom.

