

From mountain to sea

Transport Mind Maps Workshop

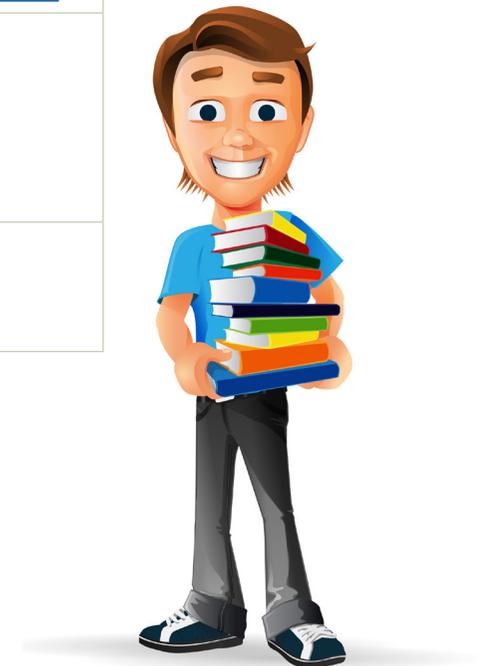
Introduction to sustainable, active and safe travel.



Transport Mind Maps Workshop

Activity Guidance

Guidance Notes	
Activity	Creating Active, Sustainable and Safe Travel Mind Maps and influencing how we make travel decisions.
Description	Pupils discuss Sustainable, Active and Safe Travel for the school journey and also in our wider society, Pupils create mind maps to reflect their discussions.
Age	Level 2
Equipment	Grid worksheet and pencils. How activity benefits our body: https://www.nhs.uk/live-well/exercise/exercise-health-benefits/ https://www.bbc.com/teach/terrific-scientific/KS2/zkty8xs Sustrans Hands Up Survey results for your school Air quality information - http://www.who.int/en/news-room/fact-sheets/detail/ambient-(outdoor)-air-quality-and-health
CFE Outcomes	HEALTH & WELLBEING: HWB 2-14a, HWB 2-27a, HWB 2-28a LITERACY & ENGLISH: LIT 2-02a, LIT 2-06a, LIT 2-09a, LIT 2-15a SCIENCE: SCN 2-04b, SCN 2-12a, TECHNOLOGY: TCH 2-02b, TCH 2-06a SOCIAL STUDIES: SOC 2-08a, SOC 2-09a
Timescale	Task 1 – 15 mins. Task 2 – 15 mins. Task 3 - 30 mins (although each task can be increased if more depth and discussion was planned).



Transport Mind Maps Workshop

Activity Guidance

Introduction

This workshop is designed to be a starting point for discussion on why people travel the way they do, the pros and cons of each type of transport, as well as trying to encourage pupils to think about the constraints and barriers that influence people in their travel decisions. This workshop can be used alongside other lessons that look at sustainable and active travel, street design, social inclusion and rural transport issues.

Aims

Help pupils to understand the meaning of active, sustainable and safe travel

Help pupils to understand the benefits of walking and cycling to school

Help pupils to understand the barriers to walking and cycling

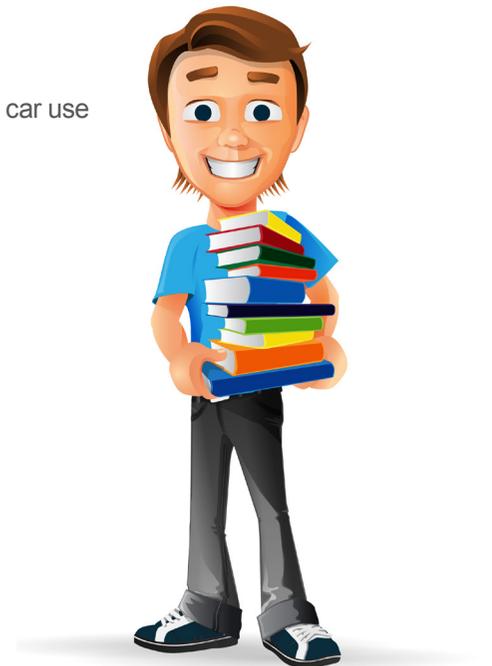
Help pupils to understand why the car plays a role in society, why the car is a necessity for some journeys, how society has changed and how car use has changed

Help pupils to understand what we can do as individuals and what we can do as a society, to support active, sustainable and safe travel

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Task 1

Class Discussions.

Explain: sustainable, active and safe travel

- **Sustainable** – meets the needs of the present without compromising the ability of future generations to meet their own needs. When relating to travel, means travel without affecting the environment – non-polluting.
- **Active** – involves physical activity/exercise – travelling using your own energy, as opposed to motorised means
- **Safe** – awareness of road safety, suitable paths and crossings available, not isolated

Question	Answer
If walking and cycling are more healthy ways to travel and better for the environment, why do some people drive to school?	They live too far away and are not entitled to school transport; parents are dropping children off on the way to work; running late; have younger children and find walking difficult; routes are not or perceived as not safe. Currently 1 in 5 pupils are driven to school. (see Sustrans Hands up Survey results for source).
What problems do cars bring to the places where we live?	Pollution and poor air quality resulting in 3 million premature deaths a year (see air quality link for more information), unsafe streets, difficult to cross the road with parked cars / busy roads, perception of busy roads makes parents unwilling to allow pupils to walk / cycle to school; congestion makes it harder for people and goods to get to where they need to be on time.
What are some of the big transport issues for us at a national and global level today?	Communities are growing (e.g. new housing on edges of towns) and people have to travel further to school/ work, which sometimes make them depend on the car to get about if there are not enough bus or rail services or cycleways. Still not many opportunities for cycling off-road compared with countries like the Netherlands. Travelling across the world is easier than in the past (cheaper airline fares), leading to more CO2 emissions from airplanes. We are transporting goods across the world (such as fresh food) which also increases CO2 levels. Online shopping is leading to more deliveries (though it might mean less shopping trips for people).
What are the benefits of walking and cycling to school, and what might put people off travelling to school this way?	Benefits: health benefits from physical exercise and also mental health benefits from exercise and being outdoors – you are more alert and ready to learn when you have done exercise (see health poster links); better air quality; reduces congestion at the school gate making it safer; opportunity to socialise with friends; opportunity to learn road safety skills; gain a sense of place and learn about the local environment. Barriers: Stranger danger; road safety concerns; the weather; having to leave the house earlier; distance; not having a bike or not having the skills and/or confidence to ride a bike.
How can we (as a school) encourage people to think about how they travel and choose more sustainable and healthy modes?	Gain an understanding of the issues through surveys; develop a School Travel Plan; highlight the benefits of walking and cycling to our families; hold events and competitions with prizes to encourage people to make good choices; work on projects for safer routes to school with the Council; secure funding for new cycle / scooter racks; run cycle training; run scooter skills workshops.

Please write your name in this box:

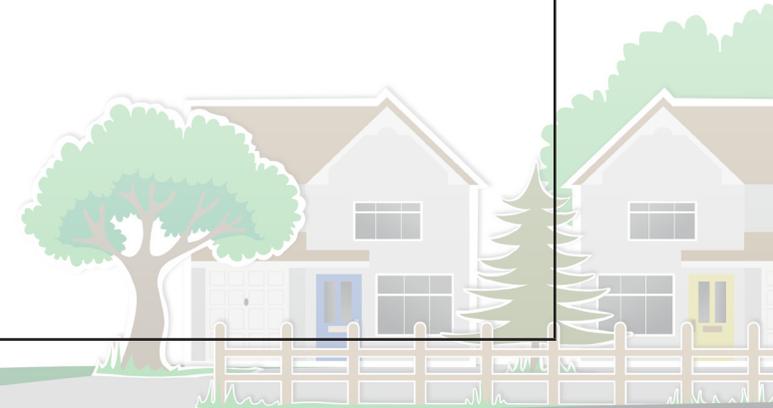
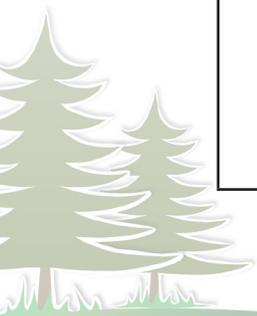
1) If walking and cycling are more healthy ways to travel and better for the environment, why do some people drive to school?

2) What problems do cars bring to the places where we live?

3) What are some of the big transport issues for us at a national and global level today?

4) What are the benefits of walking and cycling to school, and what might put people off travelling to school this way?

5) How can we (as a school) encourage people to think about how they travel and choose more sustainable and healthy modes?



Task 2

Complete Mind Maps Individually

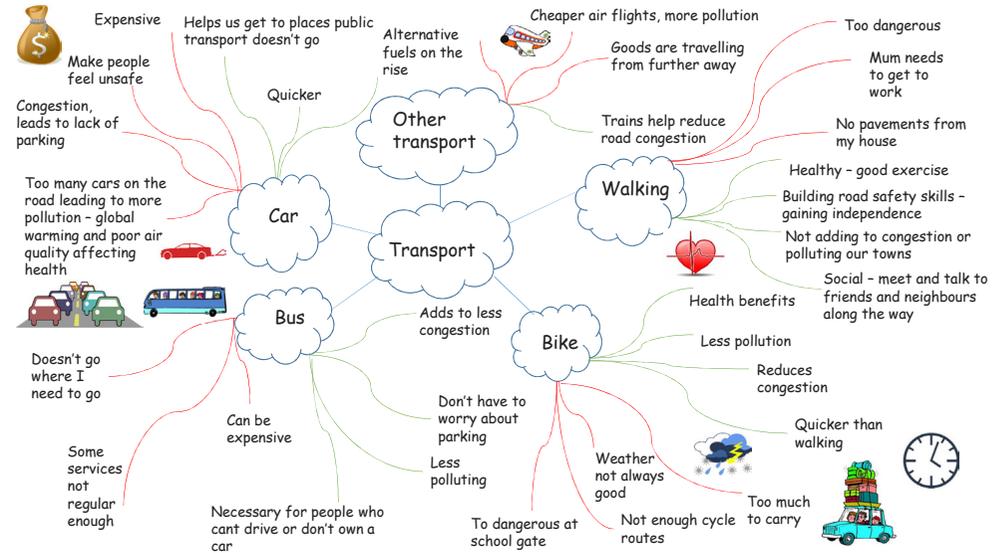
Using the mind map template overleaf, create a mind map on transport.

A mind map is a way of note taking that helps provide an overview of a topic that may involve lots of ideas and information and be slightly complex to think about simply. This is a complex task and may be easier for some than others. The aim is to help provide an opportunity to think about all that has been discussed.

While thinking of all that has been discussed, pupils should be instructed to create a mind map in relation to transport and the different modes of transport people use. What benefits and advantages do each of these modes have, what are the constraints and negative effects of these?

By using a few simple words, phrases or even small pictures, create branches from the words 'Transport', modes or types of transport have been provided to help. Then create smaller branches from each of these important words to add more detail and to explain these important words and ideas. Colour should be encouraged, perhaps red if relating to something bad and green as something good. Small pictures may also help to explain things.

An example is provided here to get you started with some ideas. Importantly, have fun doing this exercise and share your results in school!



Mind Map Template

