

National Walk Safely To School Day

Lesson Plan; Teachers

Year 7



http://www.walk.com.au/WSTSD01/images/elements/contentpics/2008/PDF/LOGO/WSTSD_LOGO_150px

NATIONAL WALK SAFELY TO SCHOOL DAY

LESSON OUTLINE

- This topic to be discussed during Health and Physical Education lessons on approach to National Walk Safely to School Day. There will be cross-curricular explorations in Mathematics and Geography to fulfill all requirements. Students to be involved in planning of the Day and the family and community Healthy Breakfast, to be held directly after students arrive at school.
- The Yr 7 students will be responsible for visiting other classrooms around the school to obtain data from students and staff on their idea of what are the top 3 healthy breakfast foods. This data to be collected on tables created by students using Microsoft, inputted and uploaded (eg. in form of graphs or pie charts) again using a Microsoft application. The results are to be displayed on the day of the Walk in the area of the Healthy Breakfast.
- On one day, during the week prior to the Walk, students will also collect data at all school entrances to record the number of walking students and families. This will be compared to the data collected in the same way on the day of the National Walk and these results will be inputted using a Microsoft program and published by a group of students for the school newsletter.
- These results will be accompanied by photos taken and uploaded, by Yr 7 students, of students and their families walking to school.
- The final component of the topic will be a competition. When tallying the number of students arriving on foot at school, the starting destination will be asked and the Year 7 students will use Google Earth to measure the winning, furthest distance walked.



<http://activerain.com/blogsviw/1330622/new-elementary-school-in-westhaven-franklin-tn-scheduled-to-open-fall-2010->

Created by
Deborah Marjoram
31431569

[National Walk Safely to School Day -](http://www.walk.com.au/WSTSD01/page.asp?pageid=260&languageid=7)
<http://www.walk.com.au/WSTSD01/page.asp?pageid=260&languageid=7>

National Walk Safely To School Day

Lesson Plan; Teachers Info

Year 7

NATIONAL WALK SAFELY TO SCHOOL DAY

Subject Areas

- Health & Physical Education
- Maths
- Society and Environment

Activity

Students will discuss benefit of walking to school and eating a healthy breakfast. They will collect data from fellow students to assess knowledge of healthy foods. Numbers of students walking before and on date of walk will be collected and presented in school newsletter, accompanied by photographs of consenting students. Prize to be given to student who has walked furthest.

Year Level – 7

Length of Activity – 5 x 1 Hour lessons leading up to, and on, National Walk Safely to School Day.

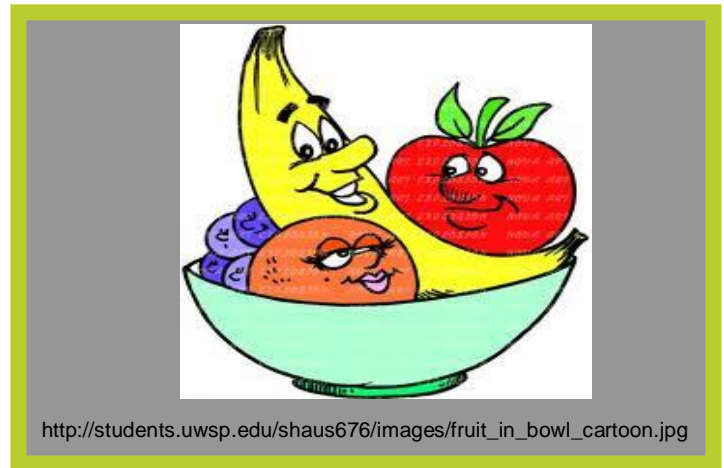
Lesson Resources

- Digital Camera (1 for 2 students at entrances)
- Computer (1 for 2 students)
- Google Earth software
- Windows Media Player
- Microsoft applications
- Display boards
- Prizes

Further Exploration

This topic can be further explored under

- The meanings and dimensions of health (strategies to maintain good health).
- Growth and development (strategies to enhance physical, social and emotional health through exercise)



CURRICULUM STANDARDS

<http://www.det.wa.edu.au/curriculumsupport/k10svllabus/detcms/portal/>

Health and Physical Activities

- ❖ Lifestyle Choices
 - Nutrition (nutritional needs)
 - Fitness (how to incorporate physical activity in to your life)
 - Knowledge and understanding (benefits of physical activity; good health can be maintained using a variety of strategies; learning physical activity – specific warm-ups/cool downs and apply a selection of skills to enhance performance)

Maths

- ❖ Represent location
 - Maps and plans using simple scales
- ❖ Mathematical strategies (choosing and using sets of things, lists, tables, diagrams and graphs to represent, interpret and analyse data, relations and functions)

Society and Environment

- ❖ Conducting (to use different recording formats)
- ❖ People and places (that the interaction between people and the wider environment can be measured eg. Use of maps, tables and statistics)
- ❖ Processing and translating (how to make comparisons and assertions about why lifestyles vary with locations).

National Walk Safely To School Day

Lesson; Student sheet

Year 7

NATIONAL WALK SAFELY TO SCHOOL DAY

National Walk Safely to School Day is approaching and this class is going to assist in organising the event at our school. To do this you will be helping to record statistics, take photographs and report on the event in the School Newsletter.

- During these lessons in the next 5 weeks you will be placed in pairs and given a classroom to visit in the school. You will need to make a table on the computer to record what is each person's idea of 3 healthy breakfast foods. I suggest you make a pre prepared list of healthy foods and tally them up as they are mentioned. Once you have your results you must present them using a Microsoft program and be able to print this off to display in the hall on the Walk morning. We will use this information to discuss nutrition during our Health and Physical Education lessons.
- The next part of this topic is to compare how many students are already walking to school, and whether this increases for the Walk day. To do this you will again be in pairs and will use the sheet given to you to record numbers exactly one week before the Walk and again on the Walk day. I want you to record these results in the form of a graph, or similar, on the computer and as a class we will average the results which will be placed in the School Newsletter.
- Not everyone will collect this data as 5 pairs will be given cameras on the day of the Walk to photograph students and their families walking (remember to ask first and take names). You will need to upload these photographs as they will be used in the newsletter.
- Finally, as walkers arrive at school you will need to ask their starting destination. You will be using Google Earth on our computers to work out who walked the furthest distance, report on this and present a prize.



Questions to consider.

1. What do you think are the 3 most healthy breakfast foods?
2. Do you walk to school every day?
3. What was the address or street name you started walking at?
4. Would you mind if I took your photograph for the School Newsletter?

Remember to use your Maths skills to tally, average and record. If unsure –
ASK!

National Walk Safely To School Day

Student handout; numbers walking

Year 7

Names; _____ & _____	
Date __/__/__ (One week before Walk Day)	Date __/__/__ (National Walk Safely to School Day)
Location	Location
Use these boxes to tally numbers	

Work Produced for Mrs. Marjoram's Yr 7
Health and Physical Education Class