

Follow up Activity 1

Staying Active

Being active gives us more energy for school and play.

Look at the pictures below and colour the 3 active ways to travel.



Travelling to & from School

Travelling to and from school is a great opportunity for us to be active. Walking part or all of our journey can help us to be healthy. Using public transport is also a good way to travel as it can reduce the amount of traffic on the road which helps improve the local environment.

The word bank below contains active ways to travel that are better for the world around us, but the letters in each word are mixed up. **When you work out what the words are, write them below the picture they belong to.**

WORDBANK

TCEOSRO

NRAIT

LCEYBCI

AKWL

USB

