

# Schools Online Activity Pack 1

## Ideas to keep Your Move activities rolling in Term 2

We understand Term 2 is set to look a little different this year, so the Your Move Team has created a series of online activity packs to make delivering the program easier during this time. Each pack contains five ideas for Your Move activities that can be completed now and adapted into remote class delivery. We encourage you to build on these ideas using your expertise and creativity and don't forget to post stories about the activities on the [Your Move website](#) to keep earning points in Term 2.

### 1. What have you already done this year?

The simplest way to keep some points coming in is to post a story about an activity you've already completed! Now is a great time to review your Term 1 activities to see if there's a story or two that you meant to share, but ran out of time to last term.

- Did you complete a Ride2School day event?
- Have you received your 2019 Your Move accreditation badge or sign?
- Did your Your Move team get together for some planning that you didn't tell us about?

There's a good chance you've already done something related to Your Move that you can report on, and we'd love to hear about it.

### 2. Create a Your Move Strava Club

Even if students aren't walking or riding to school anymore, they're probably getting out and doing some walking and riding around their neighbourhood with their family, which is great news!

The [Strava app](#) tracks physical activity (runs, rides etc) using the GPS on a smartphone. It provides data to analyse performance and keeps a log of the activities completed. Strava also provides a [Clubs Function](#) that enables you to create an invite-only group to track and share activities. You could set up a club for your class or team to share the active travel trips they're taking. Functionality includes a leader board (for weekly prize-winners perhaps?) and a social posting function to keep in touch and share images of their trips.

Posting stories about your Strava club activities could be a great way to stay in touch with Your Move. The kids may even encourage their parents to get out more just so they can track it! Be sure to read the directions on the Strava website and ensure students have parental permission.



### 3. Classroom Activity: Interview parents and grandparents

This classroom activity encourages students to consider how transport options have changed over time by interviewing family members.

- [Click here to download the resource](#)

Key Learning Areas	Suggested Age Range	Ideas for Adapting to Online Delivery
Humanities and Social Science & English	Y3 – Y10	<ul style="list-style-type: none"> <li>• A good opportunity to encourage students to use video conferencing technology of their choice to conduct interviews with family.</li> <li>• Students could use the interview as an opportunity to remotely connect with family members they haven't seen recently due to social distancing.</li> </ul>

### 4. Classroom Activity: School Infrastructure Audit

This outdoor activity offers an opportunity for students to look at the active travel infrastructure in their local area and consider how it could be improved.

- [Click here to download the resource](#)

Key Learning Areas	Suggested Age Range	Ideas for Adapting to Online Delivery
Health and Physical Education / Technologies / Mathematics	Y5 – Y10	<ul style="list-style-type: none"> <li>• Instead of auditing the immediate school area, students could adapt the template to audit their local area during a walk or ride with their family.</li> <li>• If close enough, students could audit their route to school, using the template to note barriers or areas of concern. These could then be collated to create a picture of the area surrounding the school.</li> <li>• Notes from this activity can be used to help create a <a href="#">School Access Guide</a> – a fantastic resource to encourage active travel to and from your school.</li> </ul>

### 5. Promote Road Safety with SDERA

[SDERA](#) offers a range of great resources and programs for incorporating road safety education into your school curriculum and developing a whole school approach. SDERA programs are available from K-12. In particular, the Challenges and Choices package has great downloadable resources, along with curriculum mapping and teacher strategies available for years K-9

As an added bonus, if your school is regularly using SDERA resources to teach road safety you are eligible to provide one Your Move update each term using the "Promote Road Safety with SDERA" quarterly activity.

- [Click here to download the resource](#)

