

School Health Fair Active Travel Game for Explorer Ambassadors

Updated September 2024



How to set up and run the School Health Fair Active Travel Game

Introduction

This game is intended to engage parents and pupils of all ages. It demonstrates the message that travelling by bicycle is often more time efficient than other modes of travel. The small toys and challenge make it appealing to children especially. We advise giving this game to your school's JTAs to run during Health Fairs as a way of engaging families with the idea of active travel.

What you will need

Small toys/printed images (use those in appendix 1 if necessary) of the following:

- Bicycle (often sold in pound shops)
- person (playmobile sized)
- bus
- car
- Print outs of the travel time cards (see appendix 2), journey plan map and journeys
- Laminator

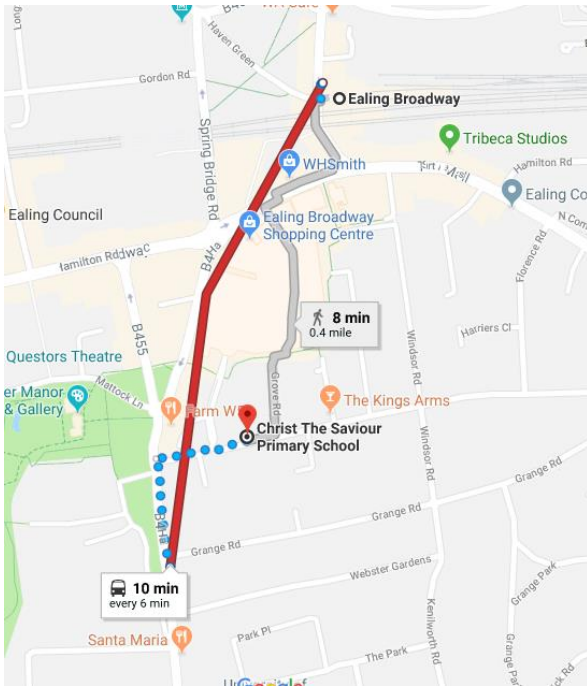
We strongly recommend using toys rather than printed images as it brings the game more to life, especially for small children. Be aware of small parts though and young children – ensure they are not left unsupervised.

Journey Plan map - Ealing Broadway to Christ the Saviour Primary (print A3 if possible)

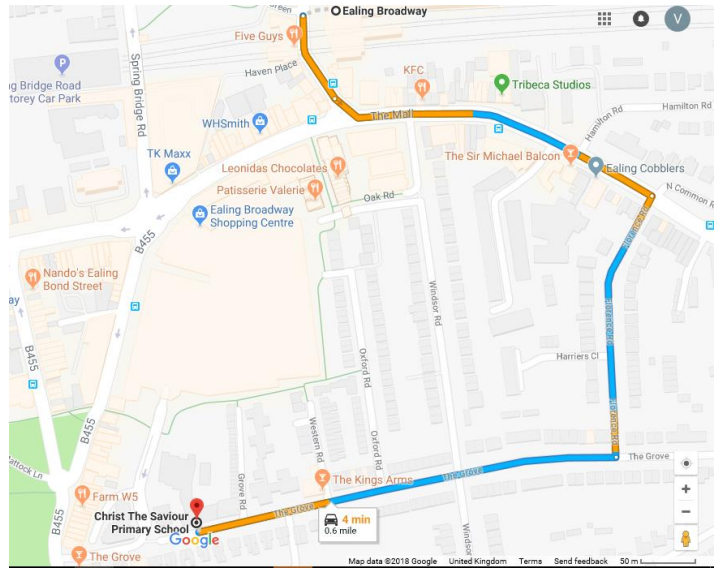


Mode of travel maps - for reference only

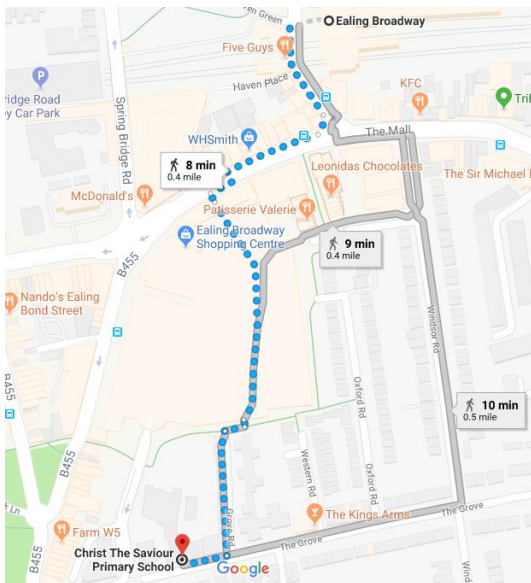
Bus Journey



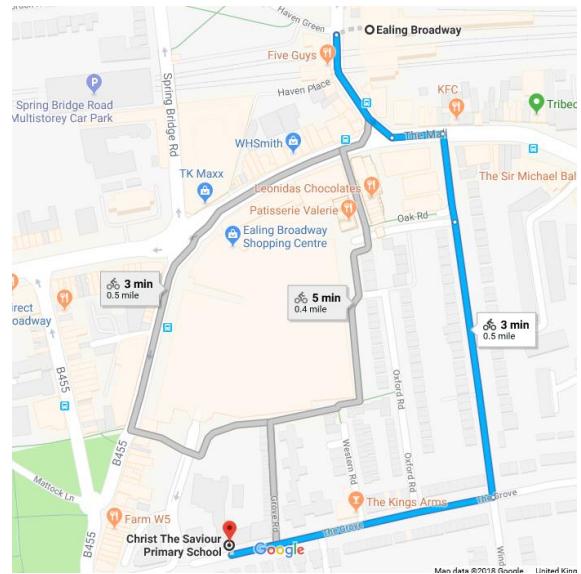
Car Journey



Walking journey



Bicycle journey



Preparing the game

Print pages 3 and 4 of this document double-sided, so that the journey plan map is on one side and the mode of travel maps are on the other.

Print, cut and laminate the 4 travel time cards from appendix 2 (or glue the two sides together instead), making sure that the amount of time is on the back of the mode of transport. For the avoidance of doubt, the travel squares should read as following: bus: 10 mins, walking: 8mins, car: 4 mins, bike: 3 mins.

How to play

Lay out the journey plan map out on the table facing the participants. Then lay the travel time cards face up, with the mode of transport toys next to them in a random order – for example like below.



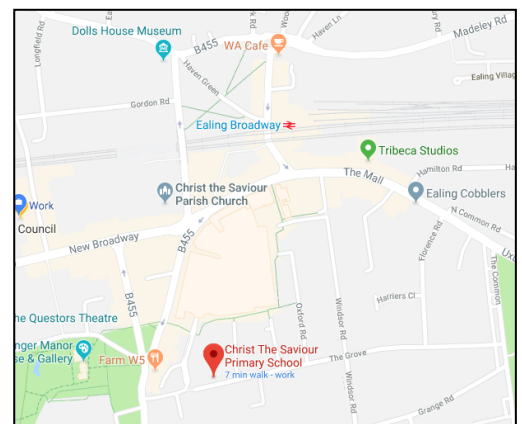
4
min

8
min



10
min

3
min



Ask the participants to think about how long it takes to travel from Ealing Broadway station to Christ the Saviour Primary School (if you wish you can just say 'school' and you can rename it on the map), via the different modes of travel displayed. Ask them to place the toys/picture cards on the travel time that they think is correct for how long each should take. Which one is the quickest at only 3 minutes? Which one takes the longest at 10 minutes? Younger children may need more support here.

Once the participants have put one toy on top of every card, now is the time to reveal the correct answers! Turn over the travel time cards to reveal the mode of transport they represented to find out how many they guessed correctly! (The mode of travel maps on page 4 show the actual route and time if they want to check.)

Try to then discuss with the game participants why the bus takes so long even though it can travel faster than a bicycle, e.g.

- It only goes a set route so you still have to walk either end
- It stops along the way

Then discuss why the bike is faster than the car, bus and walking. For example:

- It doesn't get stuck in traffic
- It can take short cuts
- In busy areas like this, cars aren't able to travel fast anyway

Good luck!

Tip: Be careful to ensure that small hands do not run off with the toys if you choose to use them – the bus is particularly popular!

Appendix 1

Images of modes of travel



Appendix 2

Travel time cards (overleaf)

Cut the vertical lines and fold the horizontal lines to produce 4 cards.

car	bike	bus	walking
4 minutes	3 minutes	10 minutes	8 minutes