

# Welsh Baccalaureate KS4 Global Citizenship

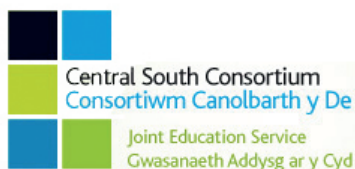
Resource Pack to support Challenge Assessment



The Articles in this Resource Pack accompany Sustrans' Welsh Baccalaureate Global Citizenship Challenge, as found on the WJEC Challenge bank.

Teachers can choose four articles from this pack to support learners to undertake Sustrans' challenge. A range of articles are included so that teachers can choose those most appropriate to their learners.

An additional Teaching and Learning Programme to prepare students for their Global Citizenship challenge can be found at [www.sustrans.org.uk/wales/education](http://www.sustrans.org.uk/wales/education)





## Teacher Notes

The source articles in this resource pack are designed to be given to students to assist them to complete the Key Stage 4 Global Citizenship Challenge set by Sustrans. This Challenge is found in the Challenge Bank on the WJEC website.

Sustrans is a leading UK charity, enabling people to choose healthier, cleaner and cheaper journeys. Sustrans' Challenge uses a real-life and relevant context for students to address the global theme of sustainable transport.

The sources in this pack vary in length and type. They have been chosen so that teachers can select those appropriate for their learners. Please refer to WJEC guidance as to the materials permitted to students during the completion of their assessed Challenge.

A comprehensive Teaching and Learning Programme that will prepare learners in readiness for the Global Citizenship Challenge can be found at:  
[www.sustrans.org.uk/wales/curriculum](http://www.sustrans.org.uk/wales/curriculum)

This programme enables students to develop an understanding of the issues involved in the global theme of sustainable transport. Activities also incrementally develop creativity, innovation, critical thinking, problem solving and reflection, ensuring that pupils go into the assessment with practised techniques.

## Article 1

The four page document overleaf is produced by Sustrans, a leading charity. Sustrans works with schools and communities across the UK enabling children and young people to travel actively. You can download the document at:  
<http://www.sustrans.org.uk/our-services/who-we-work/teachers/help-yourself/information-sheets>

# Benefits of active travel for young people

## Key facts

- Active travel to school can increase concentration by up to four hours
- The health benefits of cycling far outweigh the risks
- 15 minutes of exercise can improve a child's mood
- The UK Chief Medical Officers recommend that 5- to 18-year-olds do 60 minutes or more of moderate to vigorous exercise every day
- Almost 20% of children aged 10-11 are obese

## Introduction

Research shows that **active travel to school makes children more alert** and ready to face the school day than if they had arrived in a car: walking, cycling or scooting to school wakes up the mind and body.

Active travel doesn't have to end at the school gates. As well as keeping young people fit and healthy, being fun and promoting independence, **school travel can be used as a topic to deliver the curriculum**. It can be incorporated into classroom activities and help in the delivery of a variety of subjects from Geography and English to PE and PSHE.

Encouraging children to think about and **explore their school journey can feed into lively classroom sessions incorporating debates, artistic and written work**. This infosheet provides the facts and figures you need to encourage your school or college to invest time, effort and – if appropriate – budget into promoting or increasing active travel to your site.



## Health and fitness benefits

It's easy to imagine that exercise is simply 'good for us' and for children especially. The following research supports this assumption and can be used in pitches, proposals and bids to help gain support for active travel initiatives in your school or college.

Active journeys can help reverse the sharp drop-off in physical activity in the early teens as it addresses key barriers to participation, such as perceived lack of time, effort required and body image/appearance – unlike many sports, active travel can be fitted into daily routines, is relatively gentle and requires no special clothing or competitive element.

- **Physical activity can encourage healthy growth** and development, maintain a healthy weight and reduce anxiety and stress. **It can improve muscular strength, endurance and flexibility** in children and adolescents<sup>1</sup>


- Recent figures from the National Child Measurement Programme show that **20.7% of Year 6 boys and 17.7% of Year 6 girls (age 10-11) in England are obese** – with a significant increase in obesity between 2007 and 2012<sup>2</sup>. In Scotland, recent figures from the Scottish Health Survey show that 16.8% of children are at risk of obesity

- **The health benefits of cycling greatly outweigh any risks involved**; on average cyclists live two years longer than non-cyclists<sup>3</sup>

- Research shows that **15-minute bouts of aerobic exercise can lead to significant increases in positive mood** and decreases in negative mood amongst younger children<sup>4</sup>

- **The Chief Medical Officers of all four home countries recommend that all 15- to 18-year-olds participate in physical activity of moderate-to-vigorous intensity for one hour per day** (and up to several hours). This can include a variety of activities across the day including organised sport, play, walking or cycling to school, physical education or planned exercise<sup>5</sup>

- **The Chief Medical Officers' recommendations include vigorous intensity exercise to strengthen muscle and bone at least three days per week.** Cycling at a low speed constitutes moderate activity, while cycling at higher speeds constitutes vigorous activity<sup>5</sup>



## Mental alertness and motivation


The benefits of active travel are not just physical. Measurable increases in concentration, positivity and academic performance are further advantages arising from active journeys.

- A 2012 study of 20,000 children in Denmark found that those who cycle or walk to school demonstrate a **measurable increase in concentration** that lasts for up to four hours

- Adolescents who regularly take part in physical activity are more resistant to drug and alcohol addiction and **display less social behavioural inhibition** than their less active counterparts<sup>6</sup>

- The reduction in levels of physical activity due to **increased car use affects children's stamina, alertness at school and academic performance**<sup>7</sup>

- Physical activity is associated with psychological benefits in young people by **improving their control over symptoms of anxiety and depression**<sup>8</sup>


- 
- Research indicates that children who travel actively to school have **wide social networks** and are more actively engaged with their community than those who travel by car<sup>9</sup>

- Independently negotiating the school journey is thought to **develop children's responsibility, decision making, and time and risk management skills**<sup>10</sup>

- The range of skills children can develop through interacting with their local community and environment could **enhance their job prospects** – a study by the Higher Education Authority revealed that 54% of employers will be looking to employ people who are socially and environmentally responsible in the future<sup>11</sup>

## Encouraging independence

In addition to the physical, emotional and academic benefits, making an active journey to school has been shown to increase the independence of participants, teaching them valuable life skills.



**“Having a bike and having more independence makes you more inclined to do things. It's important to me that I have my independence.”**

Comment from school pupil in York



- Children who walk to primary school **develop road safety awareness and are less vulnerable** when they walk independently to secondary school<sup>9</sup>

- Studies have found that children who travel actively to school have **better spatial awareness and more road sense** than children who are driven to school<sup>12</sup>

- There is consistent evidence to show that **motorists are less likely to collide with pedestrians and cyclists if more people walk or cycle**<sup>13</sup>

## Road safety

Children who walk, scoot and cycle to school from an early age develop a greater awareness of traffic and the ability to travel independently and safely.

## References

- 1 British Heart Foundation (2007) Healthy Schools: Physical Activity Booklet A
- 2 NOO/National Child Measurement Programme (2013) Changes in children's body mass index between 2006/07 and 2011/12
- 3 Paffenbarger R et al (1986), Physical activity, all-cause mortality and longevity of college alumni. *New England Journal of Medicine*, vol. 314(10) pp 605-613
- 4 World Health Organisation (2002) *The World Health Report 2002 – Reducing Risks, Promoting Healthy Life*
- 5 Department of Health (2011), *Start Active, Stay Active: A report on physical activity from the four home countries' Chief Medical Officers*
- 6 Kircaldy, B., Shephard, R. Siefen, R. (2002) 'The relationship between physical activity and self-image and problem behaviour among adolescents', *Social Psychiatry and Psychiatric Epidemiology* 37:544-550
- 7 WHO (2000) *Transport, Environment and Health*
- 8 WHO (2010) *Global Recommendations on Physical Activity for Health*
- 9 Living Streets (2008) *Backseat Children: how our car dependent culture compromises safety on our streets*
- 10 Ross, N. (2007) 'My Journey to School ...': Foregrounding the Meaning of School Journeys and Children's Engagements and Interactions in their 'Everyday Localities', *Children's Geographies* 5(4): 373-391
- 11 HEA (2008) *Employable Graduates for Responsible Employers* (online) accessed 11.05.11 <<http://www.heacademy.ac.uk/assets/York/documents/ourwork/sustainability/EmployableGraduates2008.pdf>>
- 12 Paskins, J. (2005) *Investigating the effects of a car culture on a child's spatial skills*, Paper presented at the Walk21 Conference, held in Zurich Switzerland, 22-23 September 2006
- 13 Jacobson, P. L. (2003) 'Safety in numbers: more walkers and bicyclists, safer walking and bicycling', *Injury Prevention* 9:205-209

## Further information

Visit the Sustrans website [www.sustrans.org.uk/youngpeople](http://www.sustrans.org.uk/youngpeople) for:

- free resources and guidance, such as our guides to increasing active travel to school and working with older students, as well as further information sheets
- curriculum materials, including our Big Street Survey and Suss It Out activity sheets
- access to our free Big Shift online challenge to increase active travel
- national events, such as our annual Big Pedal competition
- details of our active travel award scheme, the School Mark
- our Superheroes skills and incentive scheme for pupils
- news and events for each of the UK regions, including sign up to our free e-bulletins

## About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day.

It's time we all began making smarter travel choices. Make your move and support Sustrans today. [www.sustrans.org.uk](http://www.sustrans.org.uk)

**If you are interested in working with a Sustrans officer, or for enquiries about our work in educational settings and with young people, please call 0117 915 0100 or email [youngpeople@sustrans.org.uk](mailto:youngpeople@sustrans.org.uk)**

Head office: Sustrans, 2 Cathedral Square, College Green, Bristol, BS1 5DD  
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## Article 2

An abridged article from *road.cc*, a website for cyclists. The original is available at: <http://road.cc/content/news/133756-cars-be-banned-roads-near-11-edinburgh-primary-schools-pilot-scheme>

### Cars Banned from Roads near 11 Edinburgh Primary Schools

“School Streets” initiative to be trialled from August next year – but will motorists buy into it?

By Simon MacMichael October 23, 2014

**Cars will be banned from roads around 11 primary schools in Edinburgh under a “School Streets” pilot scheme announced by the Scottish capital’s council – but one potential barrier identified to the success of the proposals is whether they will gain support from motorists and local residents.**

The initiative, which will apply in the morning and afternoon when children arrive at or leave school, is aimed at making roads around their places of study safer as well as encouraging more children to travel there on foot or by bicycle.

A spokeswoman for City of Edinburgh Council, quoted by the *Edinburgh Evening News*, said: “The pilot schemes will prohibit traffic on streets outside or around school entrances at specific times of day. Doing this creates a safer, more pleasant environment that promotes travel to school by walking and cycling. Further benefits include reduced congestion and decreased levels of air and noise pollution.”

The move follows a similar initiative at three primary schools in Haddington this year which saw motorists, other than those who were exempt (such as holders of blue badges), fined £50 if they ignored the law.

The council’s plans were welcomed by Eileen Prior, executive director of the Scottish Parent Teacher Council, who said: “Safety around schools is a major issue and many parents look to their local authority to take decisive action to help keep their children safe.”

Potential barriers to the success of the scheme have been highlighted such as a “lack of enforcement, insufficient local community support, non-compliance by motorists and no change in parental behaviour.”



### Article 3

This is an abridged article from a blog called *tideuover*, which gives advice about how to live economically and save money. You can find the full article here:

<https://www.tideuover.com/blog/tag/car-sharing/>

## Getting Around | #Live4Free

October 2, 2014

[#Live4Free](#), [car sharing](#), [Commute](#), [Cycle To Work](#), [Fitness](#), [Free transport](#)

**In the third and final article in our [#Live4Free](#) series, we discuss ways that you can get from A to B without parting with your hard-earned cash.**

We know that the price of petrol, and the rising cost of public transport can make a significant dent in your back pocket. But if you think outside the box, there are plenty of ways to get around without breaking the bank.

From the daily commute, to cross-country journeys, there's a solution to travelling cheaply or for free in the UK.

### Car Share

This is a great way to save money on travel, reduce congestion on the roads and save on your carbon footprint. Organise with colleagues to share the commute, other Mums at the school gate to share the school run or friends and relatives who might be passing your destination. Social media is a great way to reach out to people you might car share with.

### Run

Why drive to the gym and run miles on a treadmill after work, when you could be running to and from work? You'll cut your transport costs and you won't need to bother with gym membership either!

### Cycle

Bike-recycling organisations will sell you a second-hand bike for a fraction of the price of a new one. Not only that but you'll burn some calories and make the journey more fun.

So if you'd like to save money or lead a healthier lifestyle, follow these top tips!





#### Article 4

This is an infographic about sustainable transport methods. It was created as a stock image and has been obtained from an illustration website.





## Article 5

This is an abridged article from the website of Hertfordshire County Council, providing information about school travel. You can see the full article at: <http://www.hertsdirect.org/services/transtreets/schtravel/walk/parkandstride/>

### School Park-and-Stride Schemes

The main aim of a park-and-stride scheme is to reduce the amount of traffic around the school gate at drop-off and pick-up times and alleviate some of the problems this traffic causes for neighbours and for children as they walk and cycle to school.

There are additional benefits of the scheme:

- it promotes active travel and increased exercise levels in children;
- children can learn essential pedestrian skills;
- parents can save time by avoiding congested school gates;
- research suggests increased activity improves concentration levels in pupils.

#### Who is a 'Park-and-Stride' suitable for?

A Park-and-Stride scheme is suitable for both primary and secondary schools. It is particularly suitable for a school where a large number of children live outside reasonable walking distance.

Parents and carers who usually drive their children to school because they live too far away to walk or cycle are encouraged to park away from the school gate in a designated area such as a pub or church car park. Adults then allow children to walk the last part of the journey to school, either independently if the children are old enough, or with accompaniment if they are younger.



## Article 6

This article has been abridged from the BBC news website. You can see the full article at:  
<http://www.bbc.co.uk/news/world-africa-18271403>

### **How the School Run makes Kenyan Champions**

By James Coomarasamy, BBC News, western Kenya

Moses and Linet Masai had a long way to travel each morning when they were school children in western Kenya.

According to their former sports teacher, Ben Tumwet, the brother and sister had a 10km (more than six mile) journey to Bishop Okiring secondary school in the village of Kamuneru.

"Moses and Linet were coming from far away so they were coming very early in the morning and also going back in the afternoon," says Mr Tumwet, "they got their running training to and from school."

Linet went on to win the 10,000 metres at the 2009 World Championships in Berlin, while her brother earned a bronze in the men's event.

Now, a new generation of pupils at their former school - in the foothills of Kenya's Mount Elgon - is faced with a similar early morning journey, and they have a similar lack of transport. They have been inspired by the success of the Masai siblings - but their goals are not confined to the athletics track.

Take 17-year-old Sammy, who also lives 10km away from the school and has a punishing schedule: "I wake up at 4am, prepare some breakfast and then head out. I try to arrive at school by 6am in the morning," he says.

"I pass through the forest, where there's danger from wild animals, then I travel over muddy roads. It's a hard journey, but I struggle because I want to get an education. When I leave school I want to be a lawyer here in Kenya."

According to the school's headmaster, Naboth Okadie, the romantic image of future champions getting their practice on their daily run to school, does not quite tally with the harsh reality that his pupils face.

"They walk to school and then back home in the evening. It's a huge challenge with our bad roads and insecurity: Actually, we fear for them," he says.



### Article 7

This image is found on the University of Exeter website. The page gives students information about Sustainable Travel. You can see the image and the article at: <http://www.exeter.ac.uk/sustainability/travel/whatisustainabletravel>





### Article 8

This image is taken from a website selling stock photographs. It shows a car in an Electric Vehicle Charging Station

