



STARS

A TfL COMMUNITY PROJECT



Active Travel Week

Climate Crisis



It's not too late to make a change!



How do our travel choices affect the environment, our health and our wellbeing?



ENVIRONMENT

HEALTH

WELLBEING

How do our travel choices affect the environment, our health and our wellbeing?



ENVIRONMENT

Active Travel = zero emissions!

Although buses produce carbon emissions, they carry passengers which could fill over 70 cars!

The school run generates half a million tonnes of CO₂ per year!

HEALTH

Active Travel strengthens your muscles and improves your posture!

Active Travel makes your immune cells more active!

Studies show students who walk or cycle arrive more alert and ready to start the day!

WELLBEING

Walking provides opportunities for quality time with friends and family.

Active Travel releases endorphins reducing stress and tiredness!

True or False?

In London,
Cycling actually
increased by
120% during
the pandemic!



Many UK towns
and cities saw a
60% reduction
in harmful
pollutants
during the
pandemic



In traffic,
air quality is
worse
inside the car
than outside



The *average speed* of daytime motorised traffic in central London is the same as the *top speed* of which animal?



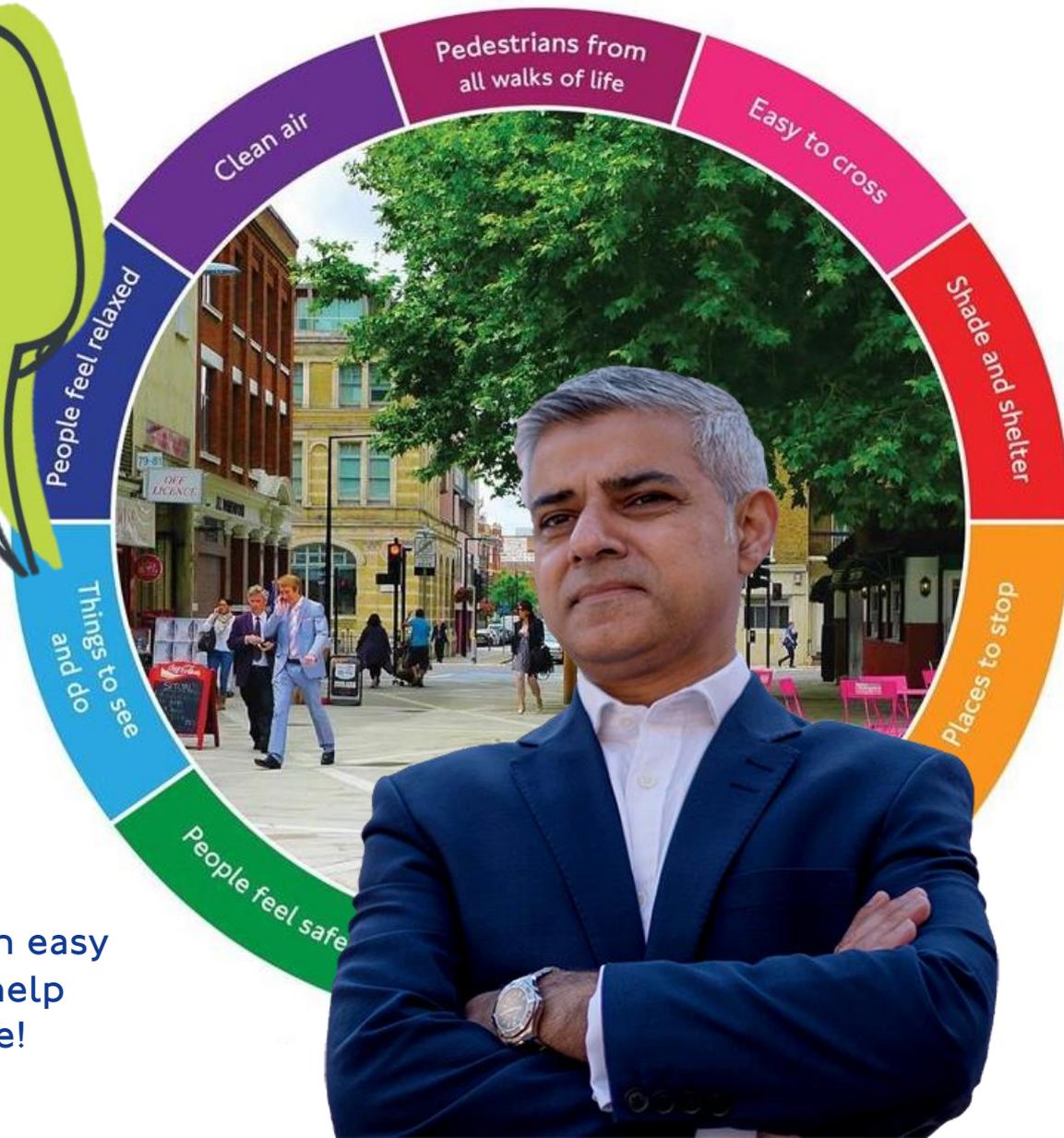
The correct answer is:
A chicken.



The Mayor's Transport Strategy

My aim is for ALL Londoners to do at least 20 minutes of Active Travel per day by 2041

- Children need a minimum one hour of physical activity each day to stay healthy.
- 8 in 10 children do not get this!
- Walking, cycling and scooting is an easy way to become more active and help the environment at the same time!

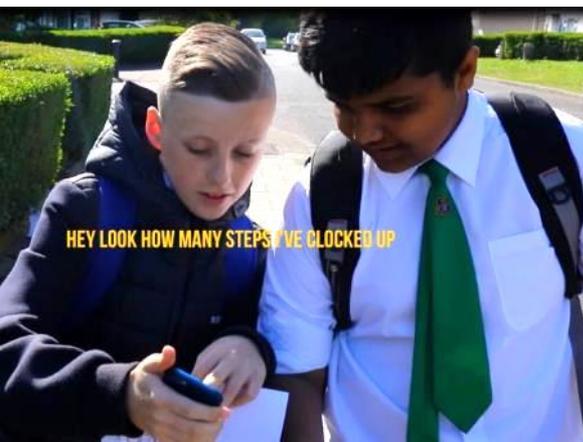


Active Travel Week

(insert dates here)

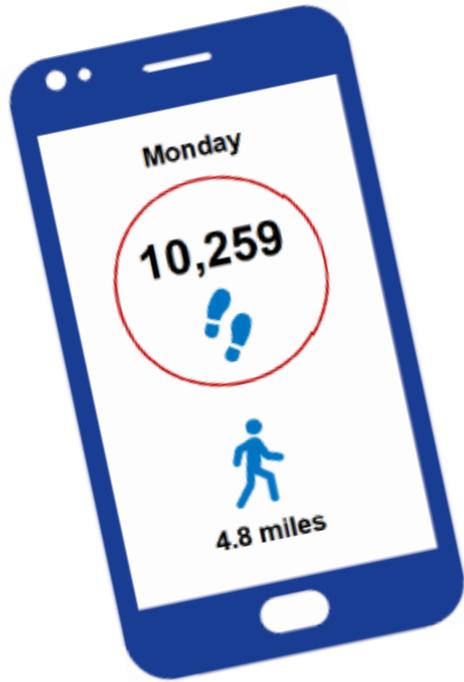
- 1 Think twice about getting the car or bus for every journey!
- 2 Drop a Stop and get off the bus a stop earlier!
- 3 Meet up with friends and walk together. It's fun, sociable and healthy!
- 4 Dust off your bike and try cycling!

LET'S
DO
THIS!



Active Travel Week

(insert dates here)



Step Count Competition

- This is a competition to see which classes and teachers are the most active!
- Use your smartphone's health app to track your steps each day and submit your steps to your Form Tutor.

Cycling

- (insert your cycling activity here)

PRIZE!

- (insert any prize information for both activities)



Staying safe



Wear a helmet



Dr A B C
Air Brakes Chain



Never pass on the left
of a vehicle turning left



Wear bright,
reflective clothes



Ride confidently
keeping clear of the kerb



Signal clearly

Active Travel Week

(insert dates here)

Always
remember...

BE SEEN

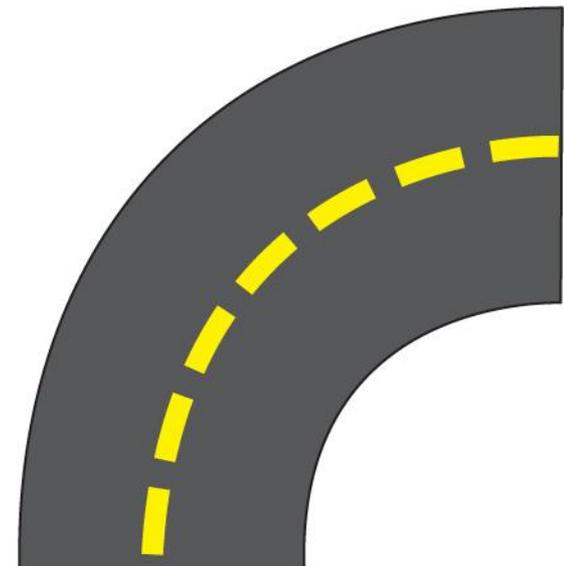
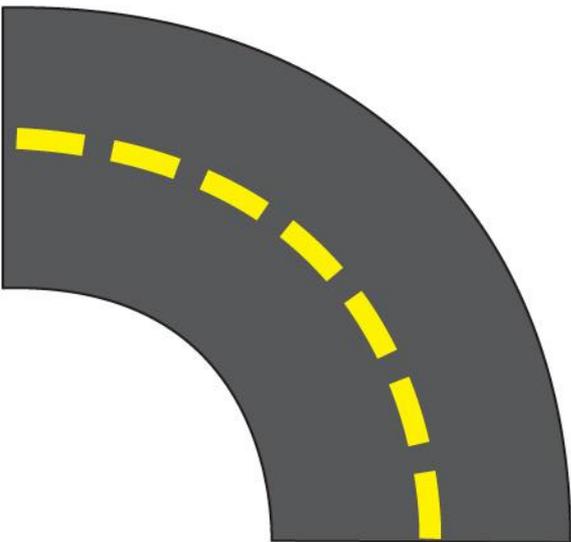
Think about what
you're wearing
and where you're
crossing!

BE SAFE

Don't take risks!

BE SMART

Watch out for
your mates and
Plan your route



**Thank you
for listening!**