

Sustainability and Cycling

Sustainability

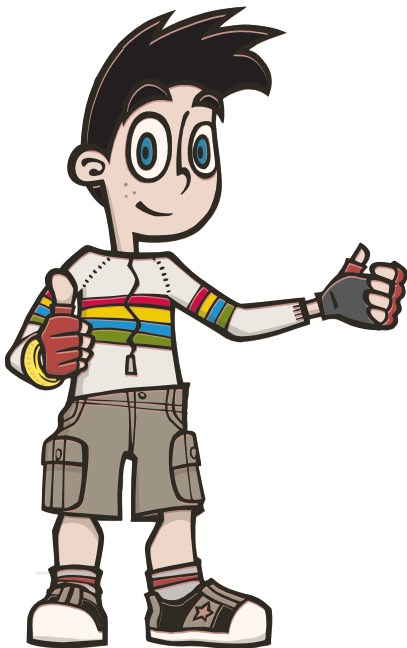
Fourth Grade

Objective: Students will understand how riding a bike creates better health and a more sustainable earth. A sustainable earth will have clean air, clean water, and a healthy environment for people and all life.

Virginia Standards

- ★ The student will use decision-making skills to promote better health.
- ★ The student will demonstrate ways to communicate consideration and respect for the health of individuals in the community.
- ★ The student will learn the benefits of physical activity and personal fitness.

Time: 60 minutes



Activity Plan

Materials: art paper, chalkboard, crayons or markers, coffee straws.

1. Ask the students to imagine all the ways of getting around—modes of transportation (bikes, scooter, boats, bus, trains, skateboards, airplanes, etc.). Write them on the board.
2. Discuss their favorite ways of getting around.
3. What places could you go using your bike instead of using a car?
4. List the modes of transportation from most healthy to least healthy.
5. Discuss that in highly populated metropolitan areas air pollution is a problem. Air pollution is bad for everyone's health. Seniors, babies, and people with respiratory problems should not even go outside when the air is dirty.



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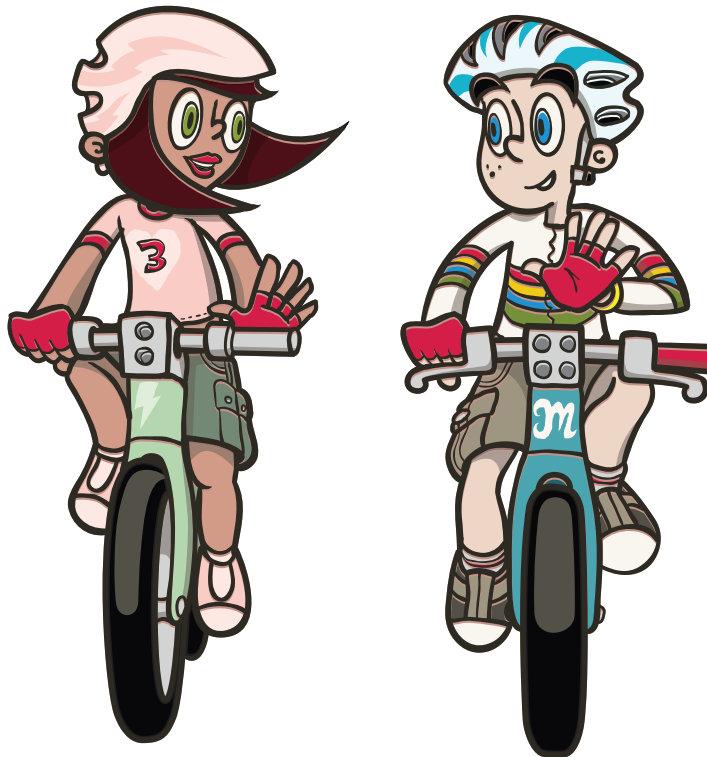
6. Discuss the importance of bodies needing exercise. Riding a bike and walking don't pollute the air because they do not use gasoline.
7. Discuss that motor vehicles cause air pollution. Buses and car pooling means fewer motor vehicles on the road.
8. Give each student a coffee straw and have them breathe through it for a minute. Explain that people with breathing problems feel like they can't get enough air. They feel like they are breathing through a coffee straw.

ACTIVITY: Draw a picture of a motor boat and a sail boat. Circle and discuss which boat would be the healthiest mode of transportation.

Fun Fact: Your blood is 92% water.

Fun Fitness: Quad stretch. Raise your left leg behind you and grab your foot with your left hand. Pull your heel up slightly and hold for 15 seconds. Repeat on your right leg.

Fun Activity: Count the different ways that your classmates got to school today.



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