



Sustrans

Dear Parent/Guardian,

Our Sustrans Schools' Officer Dave, who pupils will know from his visits to school, will be sending through a weekly video and learning activity which pupils can do at home. These activities are aimed at keeping active, having fun and learning as part of our schools' involvement in the Active School Travel programme. Please feel free to watch this video together and use the activity sheet (link under video) whilst learning at home this week. You can show Dave how you're staying active while staying home by tagging @SustransNI on Facebook or Twitter and using #stayhomestayactive in your posts. Enjoy!

Sustrans Dave – Home Activity 1

This activity is all about finding your pulse and raising your heart rate. Please view the video and use the worksheet provided to complete the tasks. This activity can be done on your own or with an older brother or sister, or an adult you live with <https://www.youtube.com/watch?v=21g2fFqWqPc>