



How R U travelling?

Teacher Implementation Guide

How R U travelling? (HRUT) is a NEW Stage 3 one week activity to promote aspects of daily life that can help maintain an healthy active lifestyle, including active travel to school, *Crunch&Sip* break, eating vegetables, being active and replacing screen time.

Each student receives a *HRUT student card* to record their information.

Parents/carers are encouraged to sign off the student card at the end of the week.



Each day students record on their *HRUT* card:

- If they get to and from school in an active way (walk/cycle/bus)
- If they *Crunch&Sip* some vegetables, fruit and water at fruit break at school
- The number of serves of vegetables they eat
- How many minutes of physical activity they do
- If they replace screen time with other activities.

Students then tally points to see where they can improve. Teachers will receive background information, instructions, interactive whiteboard lessons, learning activities and school newsletter articles.

The *HRUT* student card also includes useful tips and information to promote a healthy lifestyle.



Pre – activity

1. **Read the background information on each of the lifestyle factors:** (via links below)
 - [Active travel to school](#)
 - [Choose water as a drink](#)
 - [Eat more fruit and vegetables](#)
 - [Be active](#)
 - [Limit screen time](#)
2. **Encourage involvement and support from the school canteen**
Inform the canteen supervisor about the *HRUT* activity, and the promotion of water, fruit and vegetables.
3. **Inform parents/carers and the school community about *HRUT***
Add a note in the school newsletter.
4. **Look through the classroom resources provided, and the *HRUT* student card to use on the interactive whiteboard.**

During the activity

5. **Getting started**
Distribute the cards to each student. Guide students on how to complete the card using a copy on the whiteboard as an example. Remind the students to fill in their card each day and get it signed by their parent/carer at the end of the week.
6. **Teaching and Learning**
Use the Interactive Whiteboard lessons provided to discuss the health messages.
7. **Build momentum**
Display posters in the classroom and discuss the key messages. Include snippets in the school newsletter on the lifestyle factors.
8. **Total points**
At the end of the week, ask students to total their points for the week and reflect on what they achieved and learnt from the *HRUT* activity.

After the activity

9. **Finalise the activity**
Ask students to reflect on the *HRUT* activity:
 - Assessment task (provided)
 - Reflection activity (provided)
 - prepare an article for the school newsletter/letter home to parents/carers
 - do a presentation to other classes about *HRUT*.
10. **Complete Teacher Survey**