

# How R U travelling?

## Teacher Implementation Guide

**How R U travelling? (HRUT)** is a one week Stage 3 activity to promote aspects of daily life that can help maintain a 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.

A number **bounce balls** are provided as student incentives – please distribute these at your discretion.

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

Background information and an electronic version of the student card is found on

<http://www.healthpromotion.com.au/how-ru-travelling/>



### 1. Getting started

Distribute the cards to all students. Guide students on how to complete the card using a copy on the interactive whiteboard as an example.

Each day students record on their 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.

Remind the students to fill in their card each day and get it signed by their parent/carer at the end of the week.

### 2. Total points and distribute incentives.

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. Distribute the bounce balls to students at your discretion.

### 3. Finalise the activity

Ask students to reflect on the **HRUT** activity:

- Assessment task
- Reflection activity
- prepare an article for the school newsletter/letter home to parents/carers