

# Curricular for excellence outcome Map – Cycling to School (Second Level)

## Suggested Lead Curricular Area – Health and wellbeing

### HEALTH AND WELLBEING (Mental, emotional, social and physical Wellbeing)

I know I can demonstrate how to travel safely  
HWB 2-18a

*Journeys to school will be an important time to learn road safety skills, cycling to school will provide them with the ideal opportunity to learn these skills*

### HEALTH AND WELLBEING (Physical education, physical activity and sport)

I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community  
HWB 2-25a

I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity  
HWB 2-27a

I can explain the links between energy I use while physically active, the food I eat and my health and wellbeing  
HWB 2-28a

*Achieved though targets encouraging pupils to walk or cycle to school and displaying the benefits of active modes of travel.*

### SOCIAL STUDIES (People, past events and societies)

I can compare aspects of people's daily lives in the past with my own by using historical evidence or the experience of recreating an historical setting  
SOC 1-04a

*Achieved though looking at how travel has changed: penny-farthing to mountain bike, why car levels have increased that lead to congestion and why less people walk to school that they did 20 years ago*

### SOCIAL STUDIES (People, past, place and society)

I can discuss the environmental impact of human activity and suggest ways in which we can live in a more environmentally responsible way  
SOC 2-08a

*Understanding the problems congestion cause to the whole community and the environment*

## CYCLING TO SCHOOL

### HEALTH AND WELLBEING (Mental, emotional, social and physical Wellbeing)

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health  
HWB 2-15a

*Achieved though active travel to school, becoming aware of the importance of active lifestyles and how to achieve this through walking/ cycling to school.*

### TECHNOLOGIES (Technological developments in society)

Having analysed how lifestyle can impact on the environment and Earth's resources, I can make suggestions about how to live in a more sustainable way  
TCH 2-02a

I can investigate the use and development of renewable and sustainable energy to gain an awareness of their growing importance in Scotland or beyond  
TCH 1-02b

*Understanding what sustainable transport options are available*