



# TRANSPORT

## INFORMATION SHEET

### What is Transport?

Transport or transportation refers to the movement of materials, animals and people from one place to another.

There are many modes of transport that can be used. These include road, air, rail, water and space.

Within each mode of transport there are different vehicles that can be used. These include tractors, cars, helicopters, speed boats, bicycles, lorries, and even your own feet!

More vehicles are being used on the roads, in the sea, and across the skies than ever before. This causes pollution and damage to the environment, so it is important that we understand what these modes of transport are and how they impact the world that we live in.

### Do You Know?

The bicycle is considered to be the most energy efficient vehicle to have ever been invented.

In some parts of the world people still travel mostly by riding animals such as camels and donkeys, or by walking.

Flying is one of the most popular ways of travelling to far away destinations, and at any one time there are more than half a million people in the air!

Thousands of years ago sea traders set out in their boats to buy and sell from people that lived in other towns and countries. Big ships are still used today to transport materials between countries.

There are approximately 1 billion bicycles being used around the world, which is more than double than the amount of motor vehicles!

### Why Should We Walk and Bike More?

By choosing to walk, jog or bike more often than using motorised transport we are reducing our harmful impact on the environment AND we are becoming healthier at the same time!

This is particularly important for young children, as gross motor skills begin to develop from birth, and between the ages of 3 and 6 children develop fundamental movement skills. By allowing opportunities to develop these skills, children are able to:

- Move confidently in and around their environment
- Control body movements whilst balancing, jumping, throwing or running
- Support co-operative experiences in play
- Enhance perceptual development and language

Research also suggests that the provision of these skills in early childhood lead to physical activity in later life.

### 10 Easy Ways To Reduce Transport Use

- 1) **Choose to walk to the shops or on short journeys**
- 2) **Use your own bicycle or borrow a friend's**
- 3) **Start a car share scheme with co-workers**
- 4) **Take in turns with friends to take the children to nursery or childcare each day**
- 5) **Challenge yourself to walk 2000 steps a day**
- 6) **Explore the local area on foot or by bike instead of using a car**
- 7) **Choose locally sourced food and materials**
- 8) **Join a local family walking group**
- 9) **Help children create enviro-friendly transport**
- 10) **Educate those around you on transport use**





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## ACTIVITY SHEET 1

### BIKE EXPLORERS

Learning about transport can be a fun and engaging activity for young children and can be introduced by activities such as 'bike explorers'.

Children can be introduced to different shapes such as cubes and wheels, and can play with such shapes in order to begin their understanding of movement.

This can progress into physical activity involving balance bikes or tricycles in an outdoor space using a variety of ground conditions. To promote sustainability and responsibility from a young age, children can be encouraged to use a sponge and water to wipe down their transport after they have finished playing.

### Resources Required

Balance Bikes/Trikes

Scooters/Wheelbarrows

Mud and/or concrete ground space

Sponges

### Activity

Walk with the children to an open area that can be used as a 'transport track'. Children can then choose the type of vehicle that they would like to play on, and can be encouraged to play in the space available.

Questions such as 'How does this move?', 'Is it fast or slow on mud?', 'How many of you can fit in this space on bikes?', 'Do you see bikes outside?', 'What sounds can you hear?', 'What shapes do they use?'.

This activity can be progressed in the classroom to using recycled materials to make their own transport, and to make stories or pictures that explore the good and bad parts about types of transport and why we need them.

This activities would consolidate going on a walk where you can highlight different types of transport. Invite visitors to come into the setting to show their modes of transport i.e. police, fire engine.



### 0—2 SUGGESTIONS

Undertake walks with smaller children in front facing prams or slings to promote communication. This will also develop social skills and experiences. Settings should promote and encourage the reduction of the community carbon footprint, by encouraging families to walk to nursery or car share. Read stories discussing the impact transport has on the earth (see reading list).