Agree/Disagree
The pros and cons of walking

Aim	Encourage pupils to debate the pros and cons of walking to school

Age Group	Junior Secondary	**Time**	15-20 minutes

Learning Objectives	• Increased awareness of issues being discussed • Increased ability to communicate effectively
Activity	On opposite ends of the room stick up an **Agree** sign and a **Disagree** sign. These can be made using left over paper/card. Explain to the group that a series of statements will be read out. Each person should then move to the sign/wall which best represents their view. Pupils are allowed to stay in the middle if they are undecided. Members from each side are then asked to explain their choice. The pupils in the middle are then given a choice to move to the Agree/Disagree side based on the points put forward by opposing groups.

Activity Statements

Walking Keeps you fit	Walking three times a week for 30mins or more can really improve your overall cardio respiratory fitness and could help you keep fit
Walking saves money	You don't need to buy a ticket to walk.
Walking can make you happier	Walking encourages our brain to release endorphins, a neurotransmitter that boosts our mental health
Walking could make you more intelligent	Walking to school will improve your attention and concentration in class.
Walking is easy to do	Walking is easy to fit around other activities in your life.
Walking gives you time to think	Walking to school helps to get your mind ready for the day, walking home helps you to unwind and reflect on your day
Walking with friends is fun	Walking is a great way to spend time with your friends. You experience more when you walk than in a car
Walking is good for your heart	Walking can decrease your risk of a heart attach by 35-50%
Walking keeps you flexible	Walking regularly keeps your joints flexible so your less likely to injure them as you age.
Walking is for kids	Walking to school is for primary school students, I am in secondary now and it is not cool to walk or Park & Stride to school.