

Agree/Disagree

The pros and cons of walking



Aim	Encourage pupils to debate the pros and cons of walking to school		
Age Group	8 years +	Time	15-20 minutes
Learning Objectives	<ul style="list-style-type: none">• Increased awareness of issues being discussed• Increased ability to communicate effectively		
Activity	<p>On opposite ends of the room stick up an Agree sign and a Disagree sign. These can be made using left over paper/card.</p> <p>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.</p> <p>Members from each side are then asked to explain why they Agreed or Disagreed with the statement</p> <p>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.</p>		

Activity Statements

- 1. 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*
- 2. Walking saves you money :** *You don't need to buy a ticket to walk.*
- 3. Walking can make you happier :** *Walking encourages our brain to release endorphins, a neurotransmitter that boosts our mental health.*
- 4. Walking could make you more intelligent :** *Walking to school will improve your attention and concentration in class.*
- 5. Walking is easy to do:** Walking is easy to fit around other activities in your life.
- 6. 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.
- 7. 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*
- 8. Walking is good for your heart :** *Walking can decrease your risk of a heart attach by 35-50%*
- 9. Walking keeps you flexible :** *Walking regularly keeps your joints flexible so your less likely to injure them as you age.*