



# HEALTH QUEST

CENTER FOR HEALTH & LEARNING

## Walking and Biking to School: Unit Implementation Guidelines

1. Register your class with Center for Health and Learning by emailing: [info@healthandlearning.org](mailto:info@healthandlearning.org) or calling 802-254-6590
2. Distribute *Student Letter* and *Parent Letter* as an introduction to program.
3. Have students take the *Walking and Biking to School Pre-Test*.
4. Break students into small groups of 3-4 for Learning Task activities.
5. Plan for students to answer two or more of the questions on the *Learning Tasks*.
6. Download the *Colloquium Worksheets* for each Learning Tasks. Provide them to the small groups assigned to that task.
  - Learning Task 1: Health and Environmental Benefits
  - Learning Task 2: Safety
  - Learning Task 3: My Community
7. *Final Activity* (may occur over 2-3 class periods (phases))
  - 1: Interpret research results
  - 2: Create an action plan based on survey results
  - 3: Present survey results and action plan to school board
8. Upon completion of the *Final Project* students take *Health Quest Post-Test*.
9. Present certificates of participation to your class.
10. Provide Center for Health and Learning with your project successes for our web site (e.g. summary, pictures, final reports, student initiatives)