



# Falkirk Canals Classroom



Learning Activities for  
Primary Schools



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Celebrate Your Heritage



The European Agricultural Fund  
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Scottish Rural  
Development  
Programme







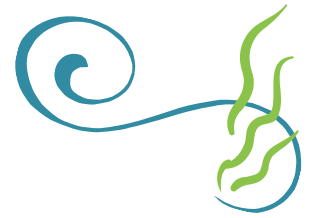
## Health and Wellbeing on the Canals



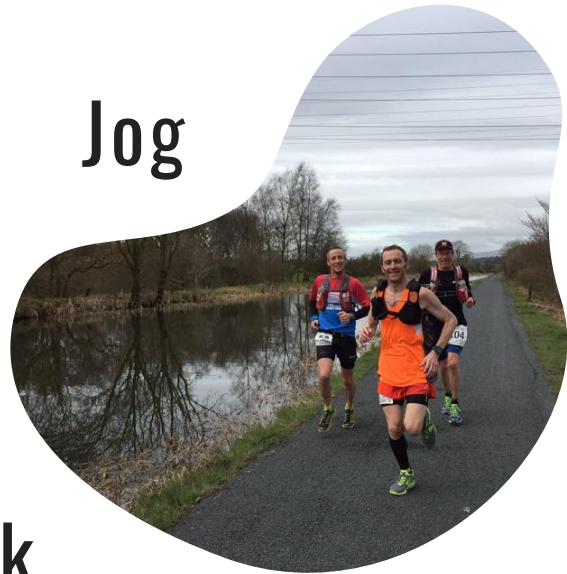
Falkirk Canal areas are the perfect place to keep fit! This section will explore different ways students can enjoy the canals recreationally, and how they can get active with friends and family in these spaces.



# Activities on the Canal



Jog



Walk



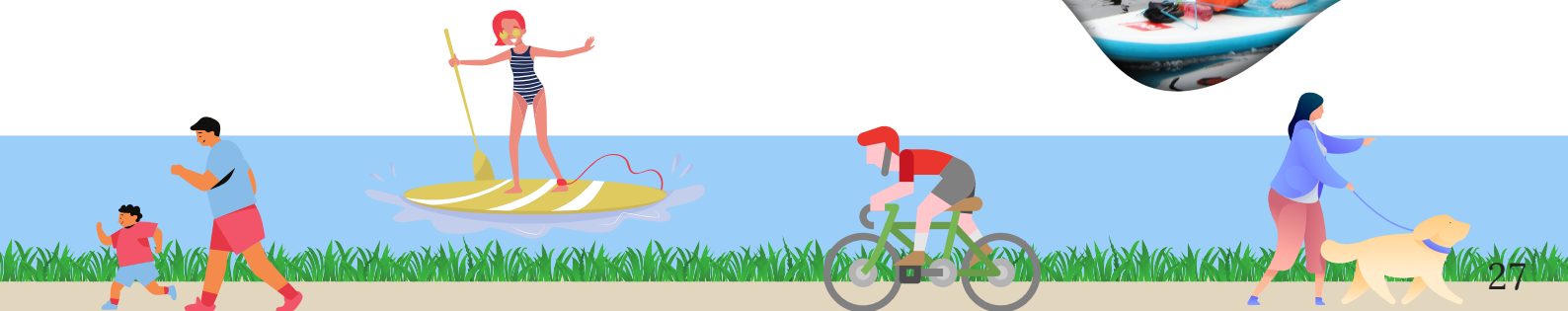
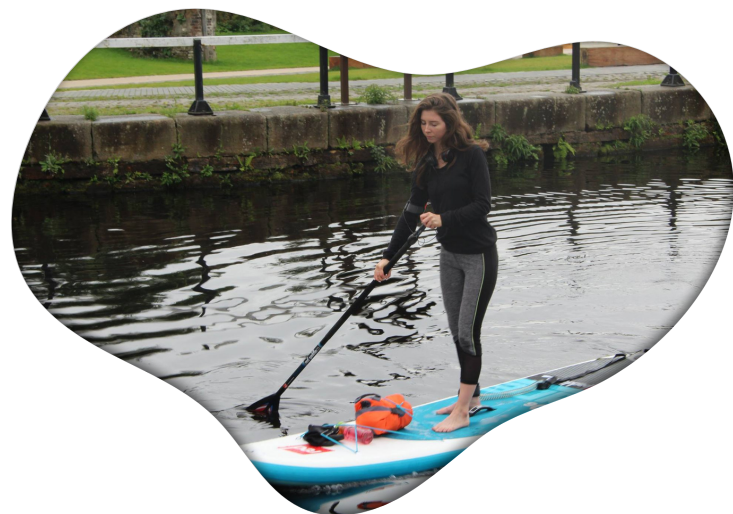
Dog Walk



Cycle



Paddleboard







Canoe



Litter Picking



Boating



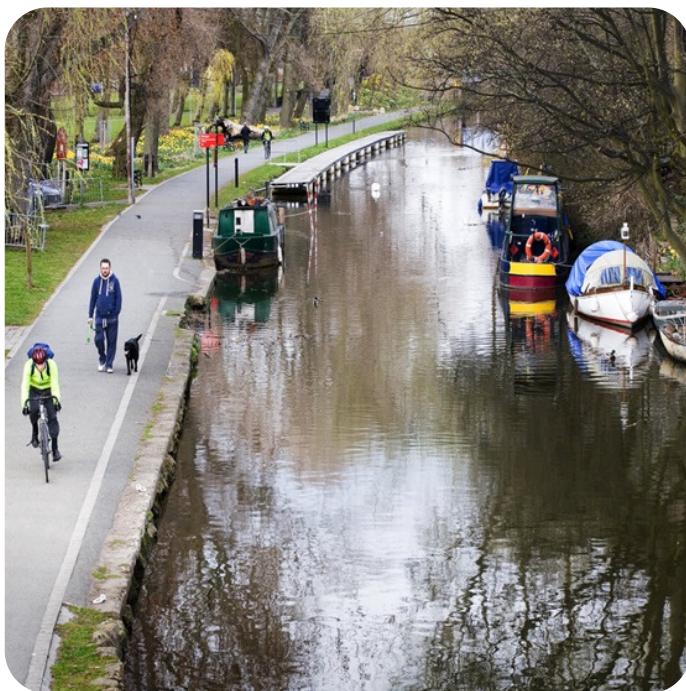
Bird Spotting





Sometimes people even combine more than one activity at the time!

**Have a look to see how many Health and Well-being activities can take place all at one time along the same area of the canal**





# Health & Wellbeing

You will create something which shows your knowledge and experience of healthy canal journeys and activities in Falkirk



## Look



- Look closely at the images in this booklet
- Watch the Scottish Canals video 'Celebrating 20 Years of the Millenium Link'
- Look closely at the journeys and activities taking place around you while at the canal

## Talk



- Talk about the journeys and activities taking place in the images and video – What do you see? Do you like them? What do you like about them?
- Talk to a partner or as a class about who has taken part in these before
- Talk as a class about the benefits of taking part in these activities
- Talk about any other activities you would like to take part in, on, or next to, the canal

## Make



- While at the canal, use the scrapbook page to make a list or draw activities you see taking place there
- Make a storyboard of a healthy journey you make along Falkirk canals, and who you might meet there





# Scrapbook





# Congratulations on completing this section of the booklet. Have your teacher tick off your achievement in **Health and Wellbeing**

Subject	Code	Description	Achieved
HWB	HWB 0-25a	I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors	<input type="checkbox"/>
HWB	HWB 1-25a	Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space.	<input type="checkbox"/>
HWB	HWB 2-25a	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.	<input type="checkbox"/>