

Let's All

# Walk to School Week

Walk with Wildlife



# Let's See!

Let's do a quick survey! How do you usually come to school?



# What Is Walk to School Week?

Walk to School Week is a five-day walking challenge in the middle of National Walking Month (every May).

In schools and nurseries across the country, children and school staff are encouraged to travel to and from school in a sustainable, healthy way!



# What Are we doing for Walk to School Week?

Each class will record how many children walk to school each day. on a chart.

Student Council will be in charge of asking the class each day.

The House with the highest total at the end of the week will receive an extra playtime!

There are so many reasons why walking to school is a great idea...



# Healthy Body

Daily exercise keeps us fit and healthy.

Walking is excellent exercise!  
When we exercise, our hearts beat faster, our breathing gets quicker, we warm up and we feel energised.

Walking is good for our hearts, lungs, muscles and bones.

Exercise is important because it helps to keep our bodies healthy and strong.

## Did You Know...?

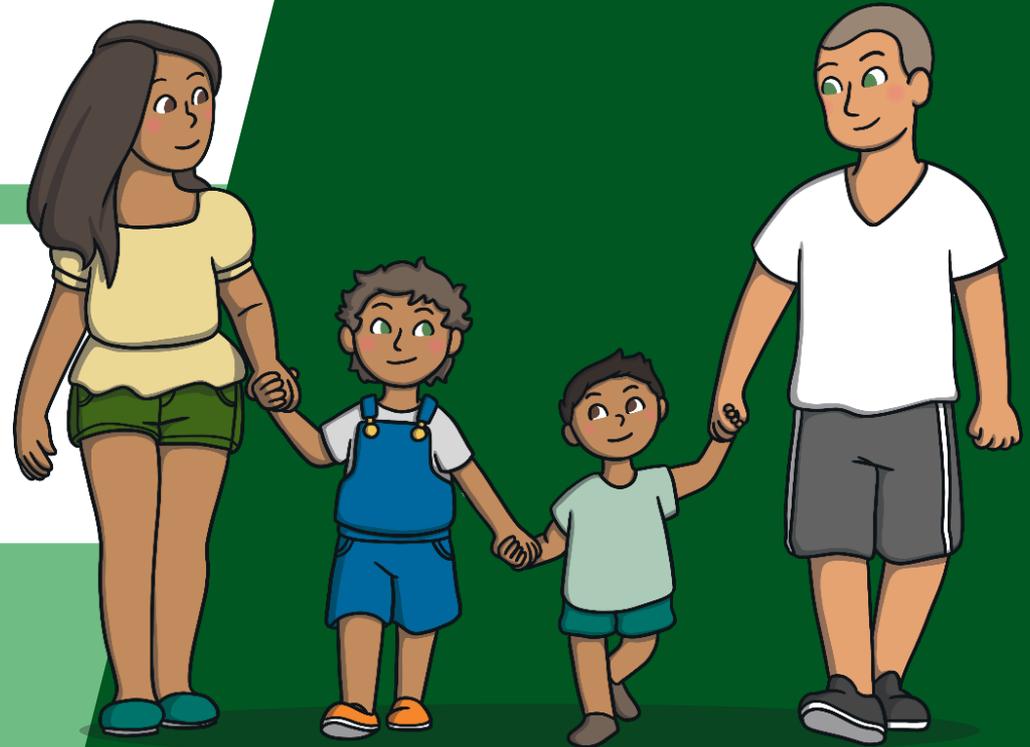
It is recommended that you carry out 60 minutes of physical activity every day.



# Healthy Relationships

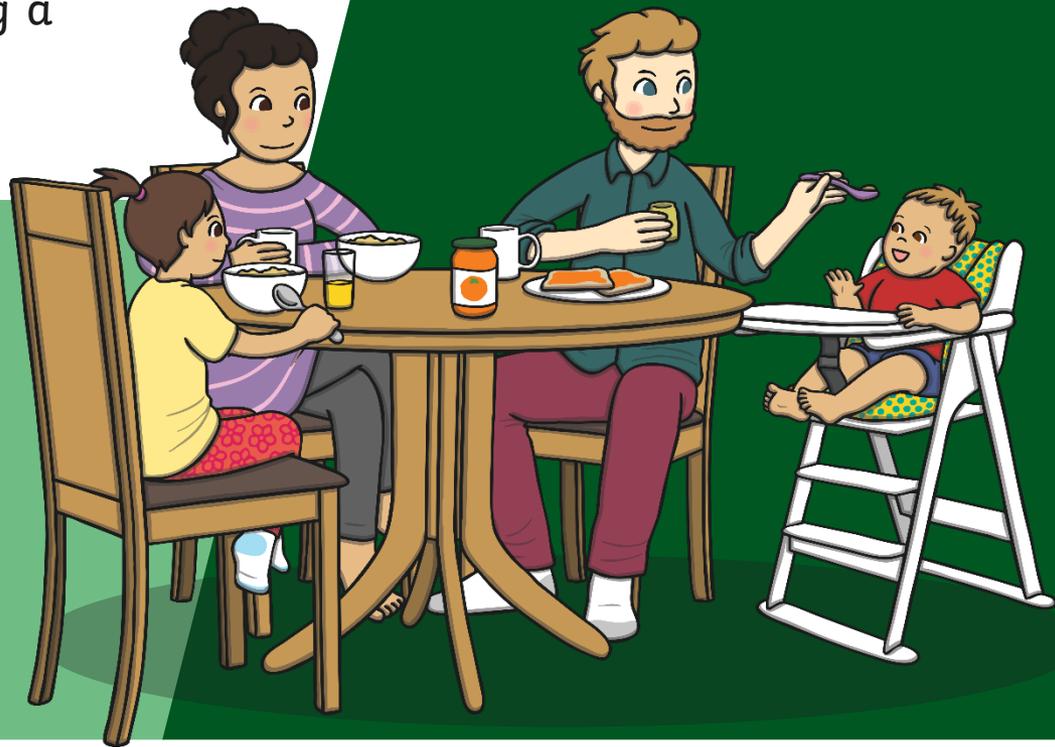
Everyone can get fit by walking to school.

It's a great way to spend time together with family and friends and chat about your day!



# Healthy Habits

The healthy habit of walking to school can also encourage healthy eating habits, such as having a nutritious breakfast every morning.



# Healthy Environment

Fumes from petrol and diesel cars pollute the air.

This makes it hard for everyone to breathe, especially those with asthma or other conditions. Fumes are bad for our lungs and our health.

Electric cars are better for the air but they still add to problems with parking and traffic jams around the school gates.

Walking or cycling to school does not pollute the air. Cleaner air is better for everyone!



## Did You Know...?

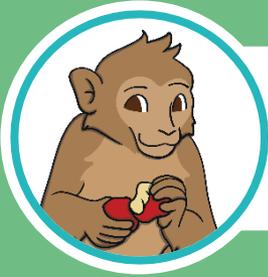
There are over 10 million children travelling to school every morning in the UK and nearly half of children travelling to school make that journey in a car.

# Walk with Wildlife

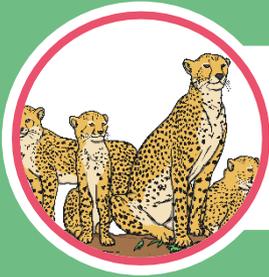
This year the theme is 'Walk with Wildlife'. Children will be encouraged to travel actively to school each day of the week, meeting various animals along the way.



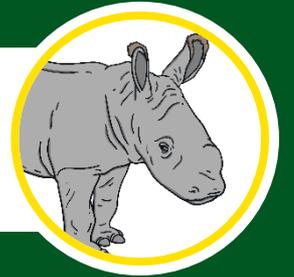
**Day One** – We Walk for Inclusion



**Day Three** – We Walk for Health



**Day Five** – We Walk for Friendship



**Day Two** – We Walk for Sustainability

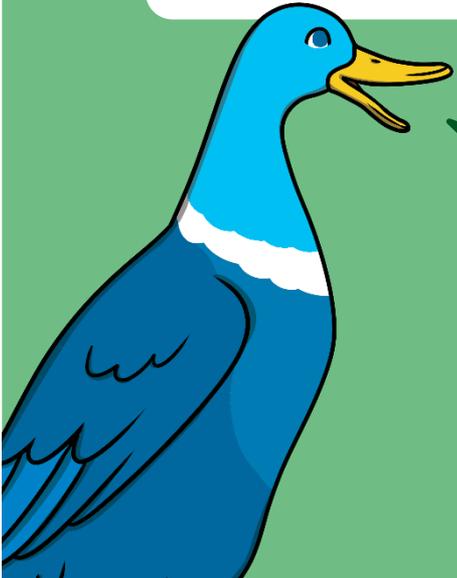


**Day Four** – We Walk for Mindfulness

For more information, click [here](#)

# Get ready to Walk for Inclusion

Let's include everyone!



Who will you walk to school with?  
Who will you meet along the way?



You could arrange  
to walk with a  
friend and their  
parent.

# Get ready to Walk for Sustainability

Let's make small changes to help look after our planet!

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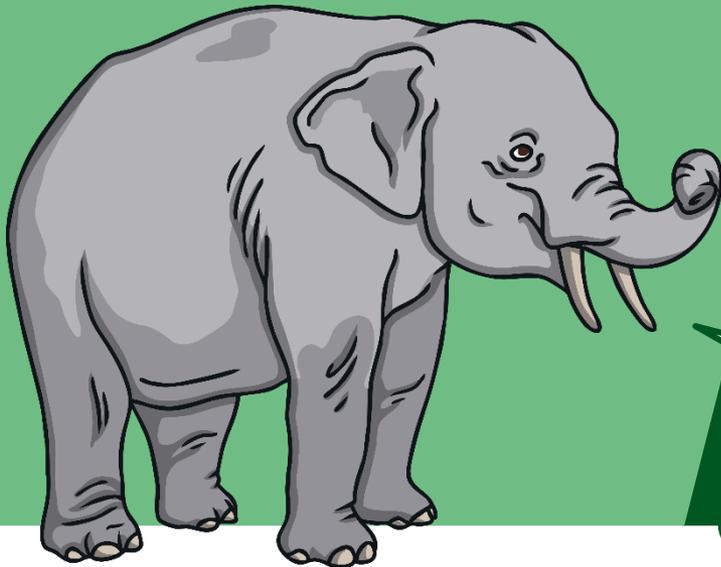
Leave the cars at home. Will you walk, wheel, cycle or scoot to school each day? By doing this together you can reduce the air pollution around your school.



# Get ready to Walk for Health

Let's exercise before we begin our school day!

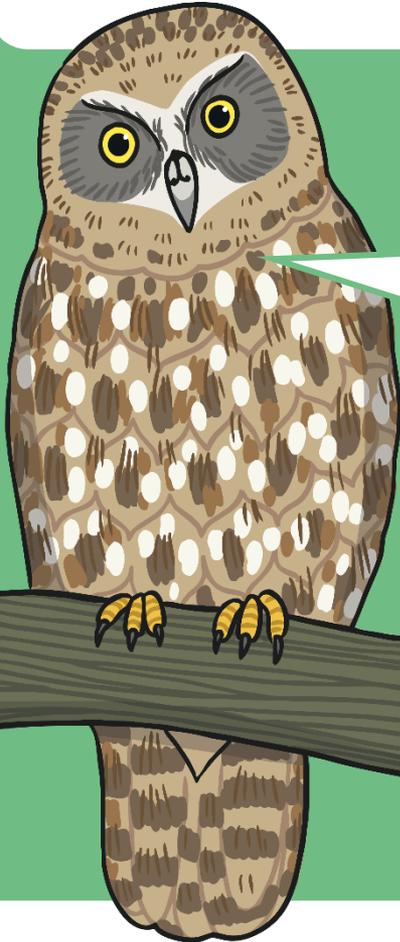
This will help with your focus and your concentration. Children should have 60 minutes of exercise each day. This will be a great start.



Everyone feels better after exercise!

# Get ready to Walk for Mindfulness

Count your steps as you walk, notice your breathing, be aware of your movements!



Begin your school day with a clear mind, ready to learn something new.

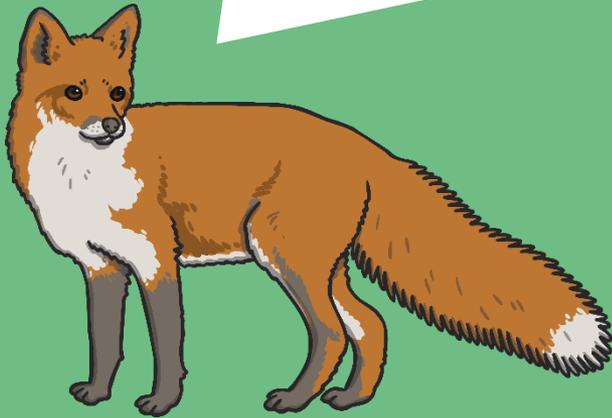


Exercise improves your mood and motivates you for learning!

# Get ready to Walk for Friendship

Let's walk together with our friends or make new friends as you walk!

Have fun and share stories as you walk with friends who live along your route to school.



Look around the room. Can you see someone who walks the same way as you? Can you walk with them next week?



# Why Should I walk to School?

By the end of the week, you may:

- be fitter;
- be more alert;
- have helped with air pollution;
- feel better.

You will also be helping to make our school area safer for all of us.



# Let's All Walk to School

## **Remember:**

You can walk to school all week, or part of the week.

You can walk the whole way to school if you can, or park at **The Boot Pub** and walk the rest of the way to school – this still counts!

The House with the highest score at the end of the week wins extra playtime!