

# Using PE Premium for Active Travel



Supporting Active Travel in your school can contribute to 3 of the 5 PE premium outcomes:

1. **The engagement of all pupils in regular physical activity** — the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school and 30 minutes outside of school.
2. **The profile of PE and sport is raised across the school** as a tool for whole-school improvement
3. **Broader experience of a range of sports and activities** offered to all pupils

## Ways to support active travel in your school

### Cycle and Scooter training for pupils across the school

Bikeability equips children with vital life skills: learning to cycle whilst also gaining independence, social skills and a sense of wellbeing. Following the training, children are better at responding to risk and report increased confidence. As a result, more children cycle to school which in turn improves mental health and wellbeing.

On behalf of Herefordshire Council, BikeRight deliver FREE Bikeability cycle training for schools across Herefordshire. They can also deliver Learn to Ride (Balancability) and Scooter Skills Training. Contact Lydia Critchley at Bikeright ([lydiacritchley@bikeright.co.uk](mailto:lydiacritchley@bikeright.co.uk)) for more information

### Storage facilities for bikes or scooters

If lack of somewhere to safely leave bikes is stopping pupils from cycling, get some good, secure storage sorted. Once you have inspired all those pupils to scoot to school, make sure they have somewhere to put their scooters safely. It's also a great way to brighten up the school grounds.

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Walk to School



## Make active travel an easy option for families

Ensure the school grounds are accessible for bikes and scooters.

### Dr Bike

At Dr Bike sessions experienced cyclists and mechanics check everything on your bike from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more. Set a day to encourage pupils to bring their bikes to school, get them checked out and ready for the cycle to school. Visit [www.bikeright.co.uk/sponsors/herefordshire](http://www.bikeright.co.uk/sponsors/herefordshire) for more information

## Research and invest in proven schemes that reward children for travelling to and from school in an active way

e.g. Walk Once a Week (WOW) from Living Streets. Visit

[www.livingstreets.org.uk/products-and-services/projects/wow](http://www.livingstreets.org.uk/products-and-services/projects/wow)

## Develop Park & Stride maps and postcode mapping

Can you make links with local businesses to use their parking facilities at drop of and pick up times, keeping the school gates clearer and encouraging pupils to walk a short distance to school.

Herefordshire Council have a number of suggested routes to some Hereford primary schools or families can use the route maps to plan their own cycle away from the busiest roads: [www.herefordshire.gov.uk/cycling-1/cycling/15](http://www.herefordshire.gov.uk/cycling-1/cycling/15).

## Campaigning

Walk to School Week: This takes place in May each year but there's also International Walk to School Month you can join in with in October. You can use your funding to buy resources to promote and support the campaign (you could also buy prizes!)

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## Road Safety

Road safety is one of the biggest concerns for parents and children when walking, cycling or scooting to school.

The Herefordshire Road Safety Team can deliver FREE road safety lessons for years 2, 3 and 6. The lessons aim to increase pedestrian safety through class discussions and practical real-life training. For younger children they discuss why it is important not to cross the road on their own and for older pupils we discuss the Green Cross Code, safer crossing places and hazard awareness. Email [roadsafety@herefordshire.gov.uk](mailto:roadsafety@herefordshire.gov.uk) for more information

## Walking Bus

This is when children walk to school in an organised group either with their own parent/carer (an informal walking bus) or with parents taking it in turns to be a walk leader. Participants usually wear bright high vis jackets which helps drivers see them and leaders to keep an eye on the group as well as drawing attention to the initiative. PE could be used to pay for a member of staff to support this, or high-vis jackets for the children.

## Challenges

Step Challenges: Try a step challenge with pupils. Buy pedometers to help pupils record the number of steps they make and make it competitive to encourage them to walk more.

Walk to School Week: Living Street have a National Walk to School week challenge that any school can get involved in to try and increase the number of pupils walking, cycling and scooting to school. Again, you can purchase resources to support this.

**It can be a good idea to do several things to focus on promoting a particular healthy travel activity to get the greatest impact. For example, if you are promoting Walk to School Week, you may want to supplement it with an inter-class competition.**

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## Measuring the Impact

Measuring the impact of anything you do and spend your PE premium on is really important. All of this needs to be in your report at the end of the year.

Questions to ask about any project:

### **What do you want to achieve / what is your intent for your project?**

- Do you know how many of your pupils actively travel to school currently?
- Do you know why they do or don't travel actively to school?
- How many children are going to be involved with your projects?

### **What do you want to children to be able to do by the end?**

- Road safety awareness
- More children actively travelling to school
- Cycle skills

### **Who are you targeting? Could be:**

- Children that are less active
- Children that live closer to school
- Certain year groups

### **What difference has it made?**

- Quotes from children and families
- Feedback from teachers in lessons about engagement and wellbeing
- Less congestion at the school gates
- Less accidents in and around the school

### **Before and After measures**

In order to see the difference, you will need before and after measures:

For example before doing a scooter training day, count the number of pupils who scoot to school (by counting scooters or a hands up survey) and repeat immediately after the scooter training day and again a month later.

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walk to School



## Travel Plans

Travel Plans are a great way of encouraging more pupils and staff to travel to schools by active travel.

A travel plan contains travel related information about your school, aims, targets and an action plan. It helps keep things organised and ensures that everyone in the school is aware of the problem, the goal and how you as a school aim to achieve it. Having a travel plan and delivering on it will help with any future travel funding bids too.

Travel Plans are reviewed annually and are live documents that change over time.

Herefordshire Council have commissioned Mosodi to support schools to write and review their travel plans during this academic year. Please contact Chris:

**chris@mosodi.co.uk** or phone **07799 681 807**

**For any more support around Active Travel in your School, please contact [emma@strideactive.org](mailto:emma@strideactive.org)**