

Walk to School

Walking Champions in your school



Walk to School

Champion resource for teachers



What are Walk to School Champions?

Walk to School Champions are identified pupils who promote active travel to other pupils within the school / their class. Walk to School Champions could apply for the role, or you might want to appoint them. You could follow the same process your school has with sports leaders or school council members.

What are the benefits of having Walk to School Champions?

- It provides leadership and decision-making opportunities for pupils.
- Peer to peer and child to adult promotion can be more influential, helping to create change and action!
- It is an opportunity for your school to address environmental sustainability and climate change - doing your bit to make a difference.
- You can work with other schools who also have Walk to School Champions, allowing them to come together and share ideas.

How can you support Walk to School Champions?

- This resource will provide you with some ideas and activities for your Walk to School Champions to undertake.
- If you would like additional support and are a Hereford City or market town school, you are eligible to receive additional in-school support from Stride Active - please get in touch to find out more. If you are a school outside of these areas, but would like support, please still let us know.
- Team up with other schools who also have Walking Champions - we can help with signposting if you're unsure.
- You can use your PE Premium to support active travel, so if your Walk to School Champions have an idea, you could use some of your PE Premium to help them action this (please ensure you check it meets the key indicators or get in touch with us if you are unsure).
- We have a limited stock of Walk to School Champion badges that we can offer to schools (please get in contact).

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Well done - you're a Walk to School Champion!

As a Walk to School Champion, your role is to try and encourage as many pupils and families as you can to walk to school, along with the help of your teachers!

Let's get started!

Do you know how many children walk, scoot or cycle to your school? This is a great starting point if you don't. Here are some ways you can find out what active travel looks like for your school!



Tell everyone about your role!

It's important that everyone in school knows about Walk to School Champions! You might want to introduce your role during an assembly, add it into your school newsletter or put some information on a notice board for pupils, parents and teachers to see!



Hands up Survey

Do you know how many children in your school are getting to school in an active way?

Why not do a hands up survey. Ask each class how they normally travel to school: walk, cycle, scoot, car, car share, park and stride, bus, other

You might also want to find out how they would like to travel. We've made a template for you so you can fill in the information you get!



Focus Groups

Do you know why pupils and families are not walking to school? Can you bring some pupils together and talk to them about why they don't and what might encourage them to walk more?

Share this with your teachers.

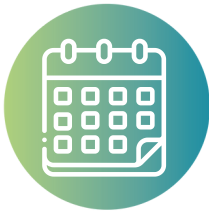
We have come up with some example questions for you to use, but if you think of your own, then add these in too!

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What's next?

Now you know what active travel looks like in your school, you can start to take some action! We've come up with a few ideas that you could do, but you might have your own ideas instead!



Walk to School Awareness Days

October is 'International Walk to School month' and 'Walk to School week' is the middle of May every year.

Can you plan some activities for these events? This might be an assembly, a challenge or some whole school activities. There are more ideas on the next page.

You can also visit www.livingstreets.org.uk/walk-to-school for more inspiration.



Car free day

Can your school promote a car free day and encourage everyone to find a different form of transport, just for one day!



Set up a Park and Stride

Can you encourage your school to start a park and stride? Is there somewhere a bit further away from the school where families can park and then walk the rest of the way to school? This will reduce traffic around the school gates and help improve safety.



Promoting Active Travel

Can you find out more about the benefits of active travel and present these to others in school assemblies, create posters or write an article for your newsletter?

Is there a noticeboard in your school that you can take over to promote active travel?

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Biking/Walking Breakfasts!

Speak to your teachers about whether people who have cycled or walked to school can have a free breakfast. You could do this as part of national cycle to school week in September or walk to school week in May.



Run a 'Walk to School' competition

Can you organise a class or whole school challenge to see how many people take part in active travel during one week? You might want to speak to you teachers about having a prize for this! To help track how many people walk, cycle or scoot to school, you can use our poster tracker - ask your teacher to contact us for some free posters for your school!



We've given you some ideas, but you might have lots of your own! Write them down here, ready to share with your teachers!

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Hands up Survey

How do pupils travel to school?

Class _____	Usual travel mode	Preferred travel mode	Totals
Mode			
Walk			
Cycle			
Scoot			
Car			
Car share			
Park and Stride			
Bus			
Other			
Grand total			

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Running a focus group

Top Tips!

- Keep it small - maximum of 10
- Have you got a mix of different people? This might be different year groups, different genders, people that live close and further away from school.
- Introduce the topic and what you are trying to find out
- Keep it informal
- Make sure that everyone gets a chance to speak
- Stay on topic!
- Encourage people to explain - Can you tell me more? Can you think of an example?

Possible Questions to find out more



How do you normally get to school?

What are the main reasons for using your mode of transport?



What stops you from travelling actively to school?

What do you think would encourage you to travel more actively to school?



Do you think the school could help us to travel more actively?

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Good luck!

For any further information or support, please contact
emma@strideactive.org

