

Supporting Active Travel in your school



Active Travel is a really good way to support your pupils to achieve their 60 active minutes and encourage regular physical activity. You can also use your PE premium funding to contribute to some active travel initiatives.

Below are a few ideas of how you might be able to support active travel in your school. Ideas that you can use your PE premium to support, have a walking man next to them!



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



Develop a Park & Stride

Can you make links with local businesses to use their parking facilities at drop off and pick up times, keeping the school gates clearer and encouraging pupils to walk a short distance to school? PE premium could be used to pay for a member of staff to support this, or high-vis jackets for the children.

Download our guidance [HERE](#) for top tips for setting up a park and stride



Joining in with national campaigns

Walk to School Week takes place in May each year and International Walk to School Month is in October. You can use your PE premium funding to buy resources to promote and support the campaign (you could also buy prizes!)

Advertise routes that families can travel 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



Challenges

Buy pedometers or step trackers to help pupils record the number of steps they take, and give them a target or challenge to encourage them to walk more.

Join Living Streets National Walk to School week challenge to try and increase the number of pupils walking, cycling and scooting to school. You can purchase resources to support this.

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Road Safety

The Herefordshire Road Safety Team deliver FREE road safety lessons for years 2, 3 and 6. The lessons aim to increase pedestrian safety through discussions and practical real-life training. Email roadsafety@herefordshire.gov.uk for more information



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 for more information



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 info@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. NB This is capital funding so PE premium cannot be used

Make active travel an easy option for families

Ensure the school grounds are accessible for bikes and scooters.

Using PE Premium for Active Travel

walk to School



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..

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.

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.

Using PE Premium for Active Travel

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.

Click [HERE](#) to access the School Travel Plan Toolkit or email move@herefordshire.gov.uk for more support.

For any more support around Active Travel in your School, please contact emma@strideactive.org