



STRIDE, RIDE AND GLIDE!

We are challenging schools across Herefordshire to see how many active journeys they can make in one week!

When?

Any week during October. Your school can choose the best week during International Walk to School month to take part in our challenge.

What do I record?

Using the class tracker, mark a tally each time you make an active journey. If you walk to school AND back home, that would be 2 tallies. Add up your daily total and put in the end box.

What counts?

Walking / skipping / running
Cycling
Scooting
Park and Stride (walking for 10 minutes)

Prizes

There are prizes on offer for the school that has the most active journeys!

At the end of the week

Email your completed trackers (this can be a photo) to
emma@strideactive.org





CLASS TRACKER

School Name _____

Class Name _____

Number in the class _____

Day	Tally	Total active journeys
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

