



STRIDE, RIDE AND GLIDE 2026!

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

WHEN IS THE CHALLENGE?

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

WHAT DO I RECORD?

Using the 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 setting that has the most active journeys! N.B We will average out the number of active journeys based on numbers of young people so smaller settings are not at a disadvantage.

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		





TRACKER

For early years settings

Setting Name _____

Day	Total no children in that day	Number of active journeys - tally	Total active journeys
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

