

Walk to School

David Graham

Walk to School Manager

Living Streets



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Living Streets

- Pedestrian Association (1929 – 1994)
- To champion pedestrian rights
- To create safe, enjoyable and accessible streets
 - Walk to school
 - Walk to Work
 - Consultancy Services
 - Fitter for Walking



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Walking to School

- Health benefits
- Environmental Benefits
- 60 minutes of activity recommended for schoolchildren
 - Boys – 12,000 steps
 - Girls – 10,000 steps
- Walk to school forms part of daily exercise
- Parents underestimate activity



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WOW

- Going since 2004
- Over 200k taking part
- Started in South east now national
- Badge designs by children
 - 2009 – Nature in the UK
 - 2010 – ? (To be decided)
- Approach STA for funding in first instance
- Has been shown to increase walking in those not walking to school before



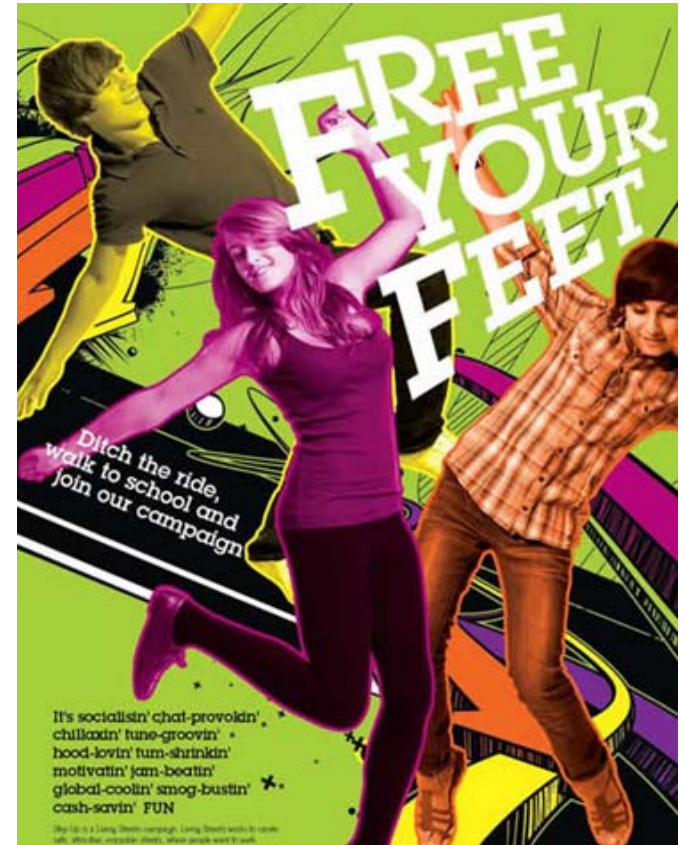
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Step Up

- Campaign in a box
 - Student led campaign
 - To create better streets
- Free Your Feet
 - Poster campaign
 - Benefits of walking
 - Competition
- www.stepup.org.uk



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Walk to school week

- May 2009 – Walk ‘n’ Talk
- May 2010 - ? (To be decided)
- Classroom packs and resources available
- Educational resources available
- Great chance to try out walk to school before agreeing to take part in WOW



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Walk to School Month

- October 2009 – Count Me In
- October 2010? (To be decided)
- Counting minutes on the walk to school
- Resources are available on the walk to school website - www.walktoschool.org.uk



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Higher level accreditation (1)

- School takes part in WoW ✓
- The school rewards children for walking in other ways (apart from WoW) – **pedometer challenge, dinner pass, Step Up**
- The school runs walking events not just linked to the journey to school – **sponsored walk, WoW Walking Zone, Big WoW**
- The school has looked at starting a walking bus ✓
- The school should provide details of other relevant walking schemes, if applicable – **interclass and school competitions**



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Higher level accreditation (2)

- More pupil contribution expected for continuation of STP – **WoW can be run by school council, walking audit**
- School to have completed a walking (or cycling) audit ✓
- Pedestrian training – **independent and safe travel**
- JRSO scheme – **can lead on WoW and promote walking to school**
- Transition Education – **Upgrade and Free Your Feet**



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