

Leicestershire Active Travel Month





Active Travel Month is a collaborative project between Leicester-shire and Rutland Sport, the School Sport & Physical Activity Networks and Choose How You Move. Together we have created a month's worth of activities and incentives for schools across Leicestershire, including activities to organise with your pupils as well as incentives for taking part.



Aims

- To support children in being able to travel actively to and from school.
- To provide a structure for schools to engage with, in order to promote active travel to their pupils in school.
- Each school week of active travel month will have a different active travel focus, with a different activity that can take place in school that week. A wallchart to document how many active travel journeys have taken place per individual/class/year/school will also accompany the month so pupils can see their progress. There will also be ideas to support all pupils to travel actively that can be put in place for each week.
- If you would like any support in delivering active travel month in your school just get in touch with your local SSPAN.

Benefits

- Fun!
- Is a great way to be active
- Can benefit wellbeing and mental health
- Cycling is a life skill
- Will develop positive habits
- Reduces traffic and congestion around school
- Prepares you for the school day
- Scooting and cycling support the development of fundamental movement skills
- Active Travel initiatives support schools to deliver a Daily Boost www.lrsactiveschools.org/daily-boost/

Walking Week

w/C 5th October

Walking is the most popular mode of active travel to get to and from school, however it has steeply declined from the last generation to the current. Research shows walking to school, to not only have a positive impact on children's health, but also supports concentration and behaviour.

Weekly Activity - Happy Shoesday is a set day where pupils can wear any footwear to school as long as they walk to school, this day will take place on the Tuesday of Walking Week. Info can be found on Living Streets' Happy Shoesday at:

www.livingstreets.org.uk/products-and-services/projects/happy-shoesday

You can set up a **Park and Stride** site to support all your pupils to walk to school. A Park and Stride site is an area near to school where parents and carers are encouraged to park and then walk the rest of the distance. This is a great initiative to support those pupils who have to drive some of the way.

CHYM Weekly Competition – Take part in Happy Shoesday during walking week, tweet a photo to [@CHYMLEics](#) or [@LR_Sport](#) of some of your best footwear on Happy Shoesday using the [#HappyShoesday](#) and be in with a chance to win a Scoot Pod for your school!

Did you know?
It is International Active Travel Month as well as Walk to School Week during this week!



Cycling Week

w/C 12th October

During cycling week, we want to see as many pupils cycling to school as possible. Cycling can be a great way to travel, being quicker than walking, whilst sometimes being quicker than the car too! Encourage your pupils to cycle safely and with the correct equipment during cycling week.

Tips for cycling safely!

- Identify appropriate routes for cycling around school and publish these prior to cycling week.
- Make sure pupils know the rules around cycling to your school. Do they need to walk their bike onto the school site? Where can they park their bike?
- Use the park and stride site from walking week to become a park and pedal site!
- Do you have balance bikes at school that younger pupils could use during school time? It's a great way to learn the skills of cycling.

Weekly Activity – Two Wheel Thursday! Make the Thursday of cycling week, Two Wheel Thursday. Encourage as many pupils to cycle to school on that day to promote the benefits of cycling. If space might be an issue you could have a different assigned day of the week for pupils to cycle to school on.

CHYM Weekly Competition – This week's CHYM competition will be a short poem competition. Distribute the entry sheet to your pupils that will be sent to you via your SSPAN contact, choose the best poem from your school and return to your contact by the end of the week. We want to hear how your pupils have enjoyed riding their bike during cycling week. The winning poem will win a cycle shelter for their school!



Half Term Week

W/C 19th October

It's half term! During half term week encourage your pupils to keep travelling actively by exploring their local surroundings. Leicestershire has loads of brilliant green spaces to walk, cycle and scoot around such as the beautiful Beacon Hill or Watermead Country Park!



For routes and advice
on walking in Leicestershire
www.choosehowyoumove.co.uk/walks/

CHYM Weekly Competition – Make sure the pupils, parents and carers are aware of this weeks competition! Send a photo to [@CHYMLEics](#) and [@LR_Sport](#) of your adventures walking, cycling or scooting using the green spaces near where you live and be in with a chance to win a £300 voucher for a new bike!



Did you know?
There are country parks all across
Leicestershire, find them here www.leicscountryparks.org.uk/

Active Together – Active Together is here to support you to get active, in your own way. Follow the link to find helpful links to walking and cycling. Make sure you distribute to colleagues, parents, carers and pupils to support their activity during half term.

www.lrsport.org/active-together

Scooter Week

W/C 26th October

Scooting is a brilliant way to exercise whilst travelling. Scooting is also a great way to develop key skills like balance, co-ordination and endurance. Scooters are easy to transport too, with them easily able to fit into a car or be taken home after use by a parent/carer.

Make sure your pupils are safe while scooting, take a look at this link with scooting safety tips

www.bbc.co.uk/cbeebies/joinin/7-scooter-safety-tips-for-kids

Top Tip
Make sure you are
sharing the space with
other pavement users.

Weekly Activity – The Golden Lock – One day or every day during scooter week place a golden lock on a parked scooter during the school day to incentivise scooting to school. This lock will entitle the pupil to a prize!

CHYM Weekly Competition – Tweet us a photo of the scooters parked at your school during scooter week to be in with a chance of winning a ScootFit day! Send your photo to [@CHYMLEics](#) and [@LR_Sport](#) with the [#ScooterWeek](#)



Further Information

 www.choosehowyoumove.co.uk

 www.lrsport.org

 Find your SSPAN - www.lrssport.org/sspan

#activetogether

