

Walking Resources For All Year Round Teacher Resource Pack

INTRODUCTION

School Walking Week is an initiative that aims to encourage regular walking as a means to keeping fit and staying healthy.

School Walking Month (October) extends the opportunities to walk, reflecting the difficulty some schools have in being limited to one particular week.

Walk on Wednesday (WoW!) was developed to encourage children to walk regularly.

These initiatives also have the benefit of helping to reduce congestion and pollution caused by the school run traffic.

Because we want walking to be a sustainable activity, we have produced this resource which can be used to support **Walking All Year Round**. It brings together, in one folder, a variety of ideas and activities for Foundation/Key Stage 1 and Key Stage 2, which have been used to promote previous walking initiatives over the years.

Activities that raise awareness both within families and the local community can be carried out in the classroom at any time during the year and not just during any particular promotion.

Some schools may find it difficult to encourage walking to school as many children live some distance from the school. However, almost everyone can incorporate a short walk into their journey to and from school by parking safely some distance from the school and walking for the last part of the journey. This is known as 'Park and Stride' and several schools in the area have set up Park and Stride schemes as part of a 5 minute Walk Zone around the school - further details are available in the Resource Pack.

We hope that you will find this folder useful and that you and your class enjoy the activities.