

Walking Activities can provide an opportunity for schools to become involved in a number of initiatives:

Healthy Schools

- Reward schemes for regular walkers
- Linking of exercise in all appropriate areas of the curriculum
- Involvement of whole school and wider community - pooling of ideas, surveys etc
- Introduction of a School Walking policy
- Involvement of non-teaching staff as walking bus leaders etc
- Use of outside agencies to promote safer and healthier travel to school

Excellence and Enjoyment

Primary schools make a valuable contribution to supporting children's health, including through the approach they take to school travel. Much of the work needed can be incorporated into the curriculum, offering a valuable opportunity for pupils to influence the environment around them

Eco-Schools

- The eco-schools programme is designed to encourage whole-school action for the environment
- The eco-schools programme can help schools to devise efficient ways of travelling to and from school:
 - Encouraging staff and pupils to walk to school - for at least part of the journey
 - Investigating alternative means of transport e.g. 5 minute walk zone around the school; park and stride scheme
- The eco-schools programme can help schools to promote healthy lifestyles

Sustainable Schools

Curriculum

- Develop an appreciation of:
 - a) energy issues;
 - b) travel and traffic issues at the school and in the wider community;
 - c) health and sustainability issues.
- Contribute to local well-being through community based projects and positive local activities
- Consideration of global issues and topical initiatives

Campus

- Review of travel habits and promotion of sustainable transport methods / healthier lifestyles
- Identify areas of joint concern where the school can contribute to local well-being and the well-being of the global environment

Community

Schools use their communications, services and partnerships to

- a) promote awareness of:
 - the impact of travel decisions
 - local environment and social challenges
- b) promote respect for the global environment

By 2020.....the Government would like all schools to be zero-congestion models of sustainable travel where vehicles are used only when absolutely necessary and facilities for healthier, less polluting or dangerous modes of transport are exemplary

Citizenship

- Preparing to play an active role as citizens
- Developing a healthy, safer lifestyle
- An opportunity to address real life issues and to show pupils that they can make a difference

The theme of **WALKING** addresses the following aspects of **PHSE and Citizenship at Key Stages 1 and 2:**

➤ **Key Stage 1**

Pupils should be taught:

- to share their opinions on things that matter to them and to explain their views
- to take part in discussions with one other person and the whole class
- to take part in a simple debate about topical issues
- to recognise choices they can make
- what improves and harms their local, natural and built environments
- to contribute to the life of the class and the school
- to realise that money comes from different sources and can be used for different purposes
- how to make simple choices that improve their health and well-being.

Breadth of opportunities:

During the key stage, pupils should be taught the knowledge, skills and understanding through opportunities to:

- take part in discussions
- make real choices
- meet and talk with people
- consider social and moral dilemmas that they come across in everyday life e.g. simple environmental issues.

➤ **Key Stage 2**

Pupils should be taught:

- to talk and write about their opinions, and explain their views, on issues that affect themselves and society
- to research, discuss and debate topical issues, problems and events
- to resolve differences by looking at alternatives, making decisions and exploring choices
- to recognise the role of voluntary, community and pressure groups
- that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment
- to explore how the media present information
- what makes a healthy lifestyle, including the benefits of exercise, and how to make informed choices.

Breadth of opportunities:

During the key stage, pupils should be taught the knowledge, skills and understanding through opportunities to:

- take responsibility, for example for identifying safe, healthy and sustainable means of travel when planning their journey to school
- make real choices and decisions
- meet and talk with people.