

Assembly for Walk to School Month 2010

Walking is Good

This assembly aims to:

- inform pupils about Walk to School month
- highlight the long-term benefits of walking
- encourage walking to school

This assembly can be accompanied by a Power Point presentation or images.

Introduction

October is International Walk to school month. All over the world children are encouraged to walk to school at the start of a new school year.

In 2009 over 3 million children in 40 countries took part. Children all over the country will be making a special effort to walk to school. Don't worry if you live too far away to walk all the way to school because you can join in by walking just the last part of the journey by parking further away from school or using a Park and Stride site.

Ask how the children travelled to school this morning. How many came by car, by bus, by taxi, by bike or on foot?

Main Presentation.

Today we are going to think about why Walking is good. Can you think of any reasons?

Walking is good for the planet. The fuel that cars and buses burn contributes to global warming. The more footsteps we take, the smaller our 'carbon footprint' will be. English schools have a carbon footprint already tipping 9.4 million tonnes CO₂. This means schools are a great place to start reducing carbon footprint and the school run plays a big part in this.

Walkers are also more aware of the environment. They notice different plants and creatures, and can observe the changing seasons.

Walking is good for communities. Cars can make the area around a school gate dangerous and they can become a nuisance for people who live nearby. When we walk we meet other people, say 'hello' and get to know our neighbours. Walking can make towns and villages friendlier and safer places to live.

Walking is good for our bodies. Exercise helps to keep us fit and healthy. It stretches our muscles, strengthens our hearts and lungs, and makes us feel better.

Walking is good for our minds. A walk to school is a good way of waking up and focusing on the new day. Afterwards, the walk home can help us to relax and wind down. Walking can also exercise our brains and help us to think clearly!

Reflection

Think for a moment about how wonderful our World is and about our local environment around school and where we live. Think about how we can care for our planet by using our cars less.

Think about our amazing bodies and how we can take care of them better by getting plenty of exercise and fresh air.