

# Key Stage 1 / Key Stage 2 October Assembly

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## No Excuses!

*Year group: Key Stage One / Key Stage Two*

*Resources: An assortment of weather-appropriate clothing e.g. sun-hat, sandals, Wellington boots, umbrella, raincoat, hat scarf, gloves etc.*

*'Whether the weather' / 'Early to bed' sayings photocopied onto OHT*

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## Assembly plan

### Aims

To look at some of the excuses used by children who use the car to get to/from school and to look at the advantages of travelling at least part of the journey to school on foot.

### Introduction

Ask the children how they got to school this morning - Put up your hand if you came to school by car....on foot.....bike....bus.....horse.....scooter

Explain that October is School Walking Month and that all over the country teachers and pupils are thinking about how they get to and from school each day.

Too many cars outside school can cause huge problems - ask for suggestions e.g. pollution, children being knocked down/injured etc.

### Main presentation

Tell the children these interesting facts about walking/feet:

- How far do they think most of us will walk in our lifetimes?  
- if we added up our steps they would take us around the world more than 3 times!
- We have a quarter of the bones in our bodies in our feet!
- The longest footpath in the world is 2,158 miles long! It is the Appalachian National Scenic Trail in America
- The biggest feet in the world belonged to Robert Wadlow, who died in 1940. His feet were 47cm long and he wore size 37 shoes.

Discuss the health/other benefits of walking - these include: fewer cars mean less pollution / congestion; walking is a good form of exercise - regular walking means a healthier heart (as recognised by the British Heart Foundation); can see more / meet others when you walk

Ask the children who came to school by car to explain why they did not walk, their answers will include: got up too late; live too far away from school; parent is on way to work; raining etc

Explain that most people have no excuses not to walk some/part of the way to school.

Excuse

Solution to problem

"It's raining!"

Wear a waterproof coat and Wellington boots

Discuss "Whether the weather" saying (OHT)  
Match items of weather-appropriate clothing to the weather they are best suited for

"Got up too late!"

Try to get to bed earlier - discuss meaning of the saying: "Early to bed, early to rise..."(use OHT)

"Live too far away!" /  
"Parent on way to work"

Why not ask whoever drives you to school to park a little further away so that you can walk for the last 5 minutes of the journey? Or ask to be dropped at the house of a friend who you know walks to school and walk with them.

The children could be given time to practise this rap and then perform it in assembly. (Rap based on work by pupils at St Anthony's RC Primary School in Clayton, who delivered their version at a Healthy Schools Award Ceremony wearing Wellington boots and carrying umbrellas.)

We are trying to persuade you  
To walk with friends to school,  
It will make you feel much healthier  
So why not start soon?  
Even if you live far away,  
You can't get out of it. No Way!!!

*Chorus*

*Kids from our school have healthy rules,  
The main one is we walk to school*

Why not park away from school  
And walk from there, it's really cool.  
Just five minutes is all we ask  
And that will help us in our task  
If you use our suggestion  
We'll see a reduction in traffic congestion.

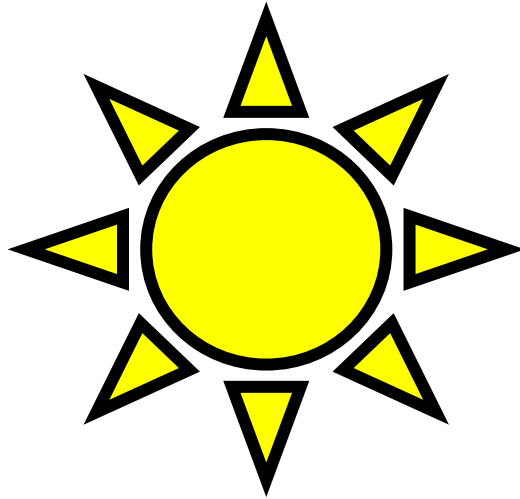
*Chorus*

## Reflection

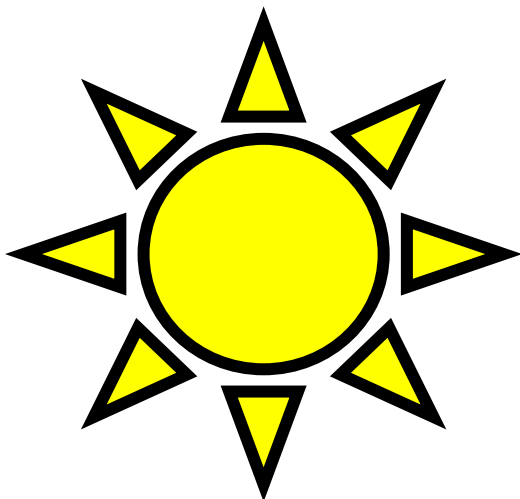
Remind children that October is School Walking Month, and ask them to talk to their parents about the possibility of using Park and Stride to get to school if they have to travel by car.

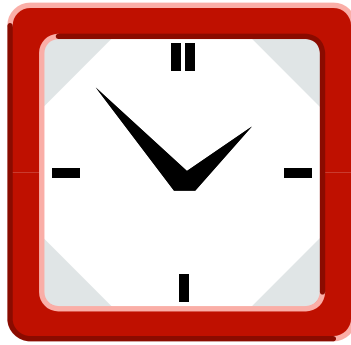
Praise those children who walk all/part of the journey to/from school.

There really are no excuses!



Whether the weather be fine  
Or whether the weather be not  
We'll weather the weather  
Whatever the weather  
Whether we like it or not!





Early to bed  
And early to rise  
Makes you  
Healthy,  
Wealthy and  
Wise

