

INTERNATIONAL WALK TO SCHOOL MONTH



This October we will be promoting [International Walk to School Month](#) bringing together sustainable travel and road safety themed weeks across the month and we would love schools to get involved and deliver whatever they feel able to. Why not use the ideas and suggestions below to plan your own month or develop your own activities.

We appreciate there may be further Covid-19 restrictions in place in October which could impact what can be delivered.

Launch your Walk to School Month from Monday 27th September and tell everyone your plans! There will be a competition for the best project or activity with a £500 National Garden Centre voucher prize and two runner up prizes of £250.

Week	Theme	Suggested Activities	
Week 1 4-8 October	Walk to School	<ul style="list-style-type: none"> 5-day Walking Challenge, let us know if you need some classroom packs Run a 'Car Free Day' or 'Anti Idling' campaign 	<ul style="list-style-type: none"> Organise a treasure trail for the journey to school Make an Active Travel pledge Happy Shoesday
Week 2 8-11 October	Wheels to School	<ul style="list-style-type: none"> Bike and scooter break times Bling your Bike or Bikers Breakfast Be a Cycling Detective and monitor cycling activity at your school Design a cycle helmet or jersey 	<ul style="list-style-type: none"> Show pupils how to complete an M Check Hold a Dr Bike or teach some basic bike maintenance
Week 3 14—18 October	Be Bright be Safe	<ul style="list-style-type: none"> Promote our Smarter Parker Campaign Hold some Be Bright Be Seen activities Have a Wear it Bright Day or Hi Vis event 	<ul style="list-style-type: none"> Play the Be Bright Be Seen Games on the Think website Promote Park and Stride
Week 4 Half Term	Keep Walking, Keep Active	<ul style="list-style-type: none"> Promote British Cycling Ready Set Ride for parents to use during half term Photo or art competition – where did you walk, cycle or scoot to during the holidays? 	<ul style="list-style-type: none"> Promote the Big Northumberland Gear Change Holiday treasure trail /scavenger hunt

Need some further inspiration?

- Promote your schools Park and Stride or Walking Zone
- Organise a walk to school from your P&S location
- Create a Walking Bubble map on the [Modeshift STARS](#) website or ask our team for a personalised Go Smarter to School map.



Visit the [Clean Air Day](#) website to

- Learn how lichen can monitor air pollution
- Make a clean air pledge
- Create a comic strip
- Visit the [Cleanairhub](#) for more information on air pollution



- Hold a Happy Shoesday or Funky Feet Day
- Include some walking songs in assemblies
- Have an outdoor singing session at breaktime, why not learn our new Sea Shanty?



Here are some of our favourite walking songs;

- Walk this way,
- These boots were made for walking
- Walk like an Egyptian and
- Walking on sunshine

Film your singing sessions and funky shoes and share them with us.

- Check out the Bikeability website for [learning resources](#)
- Investigate how bikes are made
- Ask pupils to design a bike for the future
- Learn about what happens to your [heart](#) when you exercise.

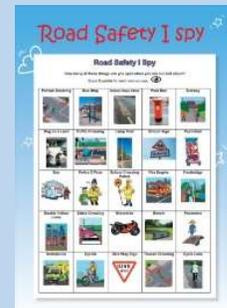


After half term nights will be darker so why not highlight this with some activities about staying safe and being seen.

The DfT [Think](#) website has key stage resources including; lesson plans, songs, games and [films](#).

Create an I Spy or Scavenger Hunt game, ask some older pupil to design it, based on what pupils see on the way to school, either;

- Road safety
- Nature
- Spot the colours or
- Hunt the letters of the alphabet



Or use our Smarter Parker resources to run your own safer parking campaign to discourage inconsiderate parking near your school.