

WALKING TRIPS: W11

Walking can be a simple, yet profound learning experience, with multiple benefits for learners of all ages, from promoting positive travel habits to boosting physical and mental wellbeing.

Educational / curriculum walks and walking trips are already probably being done at school, and so could be an easy travel initiative to evidence and add to the school's Modeshift Stars travel plan. Integrating further walking trips into the timetable can be really beneficial to help teach and reinforce pedestrian skills and take advantage of all the learning that can lie just outside the school gates

THE BASICS: WALKING TRIP SET UP

Numbers: Who is going on the walk? Walks can be done with any number of pupils, from a pair with one adult right up to whole school.

Route: What route will you take? Planning in advance with the children can teach valuable skills.

Adults: How many staff will you need? Will parent volunteers be needed?

Risk Assessment: Can existing walk risk assessments already be adapted?

W11: WALKING TRIPS
W9: EDUCATIONAL / CURRICULUM WALKS

POSSIBLE WALKING TRIP IDEAS

Nature / Sensory Walk: explore nature and sensory experiences around school.

Litter Pick Walk: Walk and help the community at the same time.

Wellbeing Walks / Walk and Talk: Walk and talk to help explore emotions and mental health.

Exercise Walks: faster walks to explore health benefits and get heart rate up.

Skills Walk: Walks to practice pedestrian skills.

W16-18: OTHER WALKING INITIATIVES
R5: PEDESTRIAN SKILLS TRAINING

PROMOTION

Promote to pupils: If walks will be held regularly, could the pupils promote them in assembly, sharing the benefits with their peers?

Promote to parents: Create a social media post and newsletter article explaining the purpose and benefits of walks along with any key rules or contacts.

Promote Walking to School: Guided walks can help promote the skills and confidence needed for walking to and from school.

PR1: NEWSLETTER
PR9: ASSEMBLY
PR10: SOCIAL MEDIA CAMPAIGN

SUPPORTING INITIATIVES

Teaching health benefits of active travel: When out on the walk, take a moment to think about the effects on our bodies, and the health benefits of walking.

Teaching environmental benefits of active travel: how does walking help tackle climate change? Could litter pick walks help tackle plastic pollution?

Pedestrian Skills Training: what skills do we need as a pedestrian? Could role play in the playground help get pupils ready?

CU2: SCHOOL TEACHES THE HEALTH BENEFITS OF SAFE / ACTIVE TRAVEL
CU3: SCHOOL TEACHER THE ENVIRONMENTAL BENEFITS OF ACTIVE TRAVEL

SUPPORTING CAMPAIGNS, EVENTS & WEBSITES

Events:

Sept: [Travelwise Week](#)

Oct: [Walktober](#)

Nov: [Road Safety Week](#)

Feb: [Spring Into Action](#)

Mar: [Sustrans Big Walk and Wheel](#)

May: [Walk to School Week](#)

June: [Clean Air Day](#)

Useful websites:

[Living Streets - WOW Walk to School Challenge](#)

[My Journey - Walk to School](#)

PR8: COMPETITIONS RUN WITHIN SCHOOL
W6: WALK TO SCHOOL WEEK
W7: WALK TO SCHOOL MONTH

POSSIBLE TOTAL: 4 TRAVEL INITIATIVES AND 5 SUPPORTING INITIATIVES