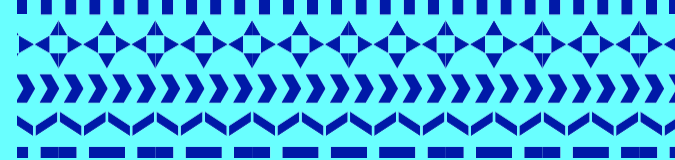


# Active Travel Week

## Assembly





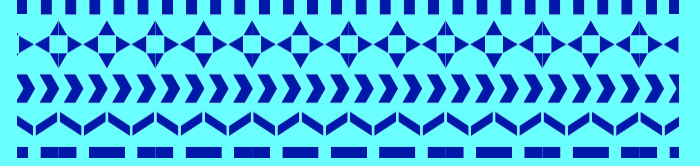
# What is active travel?

- Walking 
- Cycling 
- Scooting 
- "Park and stride"



(getting dropped off a bit away  
and walking the rest)





## Can you actively travel to school every day?

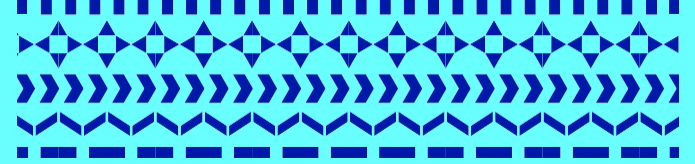


Next week, we are challenging everyone to:

- Walk, cycle, scoot or park and stride whenever possible.
- Try your best every day.
- Encourage your family to join in.

**"Even one active journey makes a difference!"**





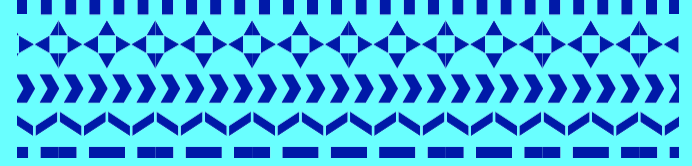
## Why is active travel important?

### Benefits for You and the Environment

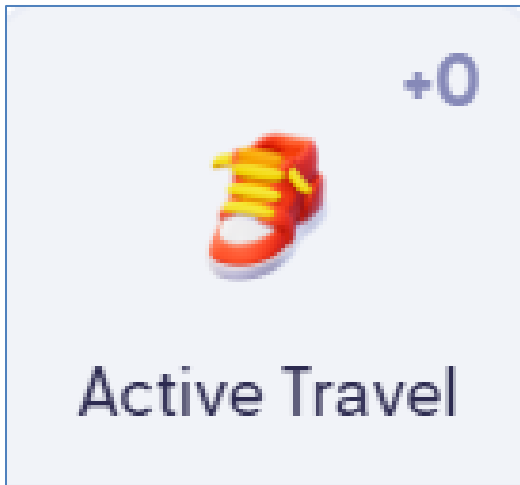


- ☀ More exercise
- ☀ Better concentration in class
- ☀ Cleaner air around our school
- ☀ Less traffic and congestion
- ☀ Helping our planet

"Even one active journey makes a difference!"



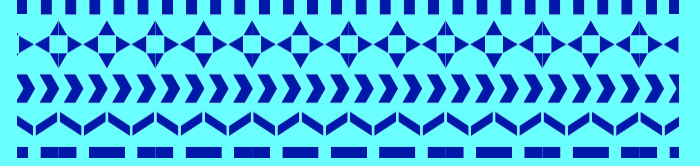
## Record Your Active Travel.



Every day:

1. Travel actively if you can.
2. Log it on Class Dojo using the Active Travel icon.
3. Help your class achieve the highest participation.

"Even one active journey makes a difference!"



## R&R Assembly

On Thursday, in your classroom, your R&R focus will be Active Travel.

You will:

-  Share your ideas about walking, cycling or scooting.
-  Complete a sticky-note challenge.
-  Add your sticky note to your R&R Floorbooks

"Even one active journey makes a difference!"



## Sportswear Day



On Friday:

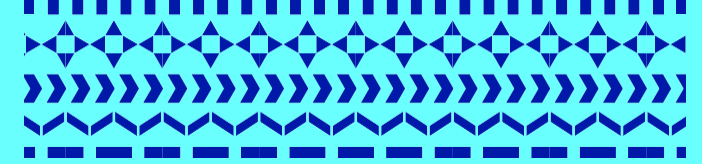


Everyone who comes actively to school can wear sportswear.

(No school uniform needed! No money needed!)

Let's finish Active Travel Week in an active and healthy way!

"Even one active journey makes a difference!"



## Can We Beat Last Year's Results?

On Friday we will complete our Active Travel Hands-Up Survey.

Let's see if we can increase the number of children travelling actively to school.

| <u>Travel to school</u>                               |             |            |                                  |                            |            |                |                |                                   |
|-------------------------------------------------------|-------------|------------|----------------------------------|----------------------------|------------|----------------|----------------|-----------------------------------|
| <u>public</u><br><u>transport&amp;</u><br><u>walk</u> | <u>walk</u> | <u>bus</u> | <u>train</u><br><u>&amp; Bus</u> | <u>car</u><br><u>share</u> | <u>car</u> | <u>scooter</u> | <u>bicycle</u> | <u>Park</u><br><u>&amp;Stride</u> |

"Even one active journey makes a difference!"





## Teachers, We Need You Too!

We challenge all staff to:

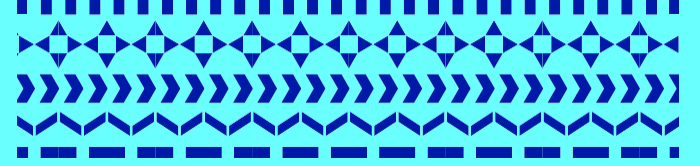
- Walk
- Cycle
- Scoot
- Park and Stride

for at least one journey this week.

"Teachers,  
are you up for  
the  
challenge?"



"Do something good for yourself and for the environment."



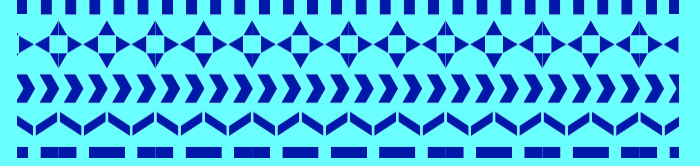
## Every challenge comes with the reward

Based on Class Dojo results, we will calculate the average for each class and find out which class in each year group is the winner.

The winning classes will get extra break, time on adventure playground and obviously, some class dojos! 😊

However, the biggest prize for all of us will be us feeling better, being healthier and having cleaner environment.

**"Even one active journey makes a difference!"**



## Let's Make Active Travel Week a Success!

- ✓ Travel actively whenever you can.
  - ✓ Record it on Class Dojo.
- ✓ Encourage your family and friends.
- ✓ Help our school make a difference.

Ready for the challenge?

"Every journey counts!"