

# Ideas to promote walking in Primary School

Below is a summary of ideas to encourage walking in primary schools. A fuller explanation on these activities can be accessed by contacting Sue Kendall [sue.kendall@arta.co.nz](mailto:sue.kendall@arta.co.nz)

## Walk NZ

'Walk NZ' challenges students to walk the length of New Zealand by counting their steps daily and following their progress on a map. 'Walk NZ' provides all participants on the programme with a pedometer, allowing them to accurately count the number of steps they take each day and a work book where they can record their progress. 'Walk NZ' is a fantastic programme year round.



## Walk Rodney Challenge

Rodney District Council worked with a primary school in their area to run a pedometer based inter-house competition. The challenge was to walk the equivalent distance of the return journey from the school to the sky tower a total distance of 195 kilometres. Students were provided with tickets to record every 1000 steps taken, and class room teachers recorded class numbers each week. A map of the district was updated each week with footprints indicating the kilometres travelled each week. The winning house had a muffin and milo morning tea.



## Walkers Tree

Paint a big tree somewhere in the school. Children who walk to school are given a 'leaf ticket', which they get clipped each time they walk to school. When they have completed the ticket they get to stick it onto the tree. The more children who walk to school, the greener the tree will become.



## Walking Buddy Challenge

Challenge kids who already walk to find a friend who doesn't that they could walk with. Get their parents to agree and map out a safe journey for the pair and then challenge them to walk together 10 times to win a prize.



## Dog Friendly Destination

After checking your school policy regarding dogs on the school grounds, encourage families to walk their dog as they walk to school. Provide water bowls each morning and afternoon for the dogs to have a drink.



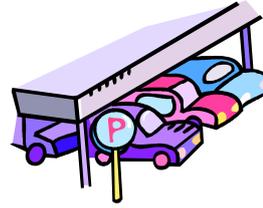
### Family Fun Night

Have a family event with games and activities for families to participate in – all with a TravelWise theme. Hold stations to teach things such as 'dog safety', 'push play' and 'crossing the road safely' with people from the community such as the police.



### Park and Walk

Identify 2 or 3 safe places that could be 'park and walk zones', for example a local church or park. Encourage parents to park there and walk with their children the rest of the way. Have the principal, teachers or celebrities walk from the zones some days.



### Walkers Profiles

Regularly profile families who walk to school to create a culture where walking is valued by the school and community. Ask identified families how they manage to walk, what they like about walking, how it benefits their family etc., and then profile them in the school newsletter, website or noticeboard. The name of every family who is profiled could be entered into a prize draw at the end of each term.



### TravelWise Information Corner (TIC) / TravelWise Newsletter Column

Set up a noticeboard for TravelWise information and/or have a regular newsletter column which can include information on: Walking School Bus routes, maps, updates on engineering progress, information on walking initiatives, children's posters, profiles of families who have made special effort to start walking, the health and environmental benefits of walking etc



### Themed WSBs

A Walking School Bus (WSB) is a group of children that walk to school along a specific route, supervised by adults. There are many benefits to the WSB programme including, health, environmental, social and not to mention fun! To add a little variety to the WSB especially during those winter months, there are theme days that can be organised with very little cost or effort to the parent volunteers. Some idea's such as green theme for World Environment Day or celebrity day are very popular.



### Kick the Carbon Habit

Encourage students to learn more about climate change, what causes it and why we need to take action. A number of resources were developed for World Environment Day 2008, including references to a number of websites that contain resources including lesson plans and useful tools. One specific idea included is a series of 'fun footprint activities'.



### Smog Busters

Introduce your school community to the impacts of car travel on the environment by setting up a temporary display at a parent event or in the school foyer. The display can also be rotated around classrooms for teachers to discuss with their class. Follow up the display by conducting the “white sock test” at a school event or with each class. North Shore City Council contracts someone to deliver a specially designed classroom education session called “the pollution solution” which includes the sock test experiment. This session is offered to TravelWise schools for classes in Years 5 – 8.



### Time Zone Area Maps

Have a group of students (volunteers or as a class activity) create a map of their neighbourhood that shows the zone around the school that can be walked to in 5 minutes, 10 minutes and 15 minutes. Students have to walk out from the school in different directions and time themselves for 5, 10 and 15 minutes. The map can be used to show parents possible alternative drop-off and pick-up locations.

### SPACE FOR YOUR OWN NOTES