



Active Travel

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Ruby Tobin and Emma Cocksedge

Who are Sustrans?

The charity making it easier for people to walk and cycle

Our vision: A society where the way we travel creates healthier places and happier lives for everyone.

We do this because it leads to:



**Happier,
healthier people**



**Greener, better
local
environments**



**Stronger
economies
and communities**

What we do

Our two strategic priorities are **paths for everyone** and **liveable cities and towns for everyone**.



Sustrans and the school run

- Help hundreds of thousands of young people throughout the UK to travel actively and safely to school and colleges
- Work with Local Authorities, schools and teachers to increase active travel
- Implement engaging and effective programmes designed to embed a culture of active travel amongst the entire school community





Play (k)



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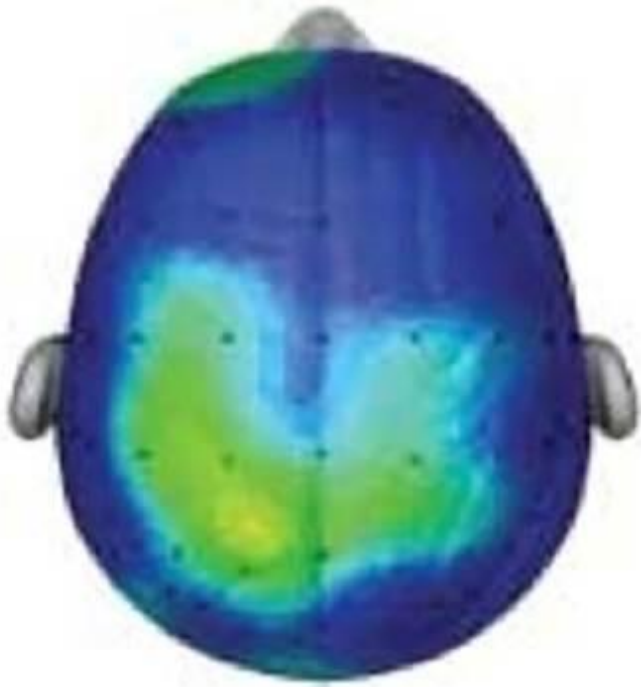
Why Active Travel is important

- **Increase educational attainment and cognitive development** – active brains, focused and alert
- **Improves mental health and wellbeing** - happier and more confident, better at dealing with stress
- **Better physical health** - supports physiological, cardiovascular and motor skills development. Maintain a healthy weight
- **More active families** - healthy habits in school and at home
- **Social development** – interacting with people and the environment
- **Develops life skills** – road safety, decision making
- **Reduce congestion and conflict with neighbours** - safer more pleasant streets
- **Improve air quality** – decreasing long term health impacts
- **Cross curriculum working** - incorporated into almost any lesson!

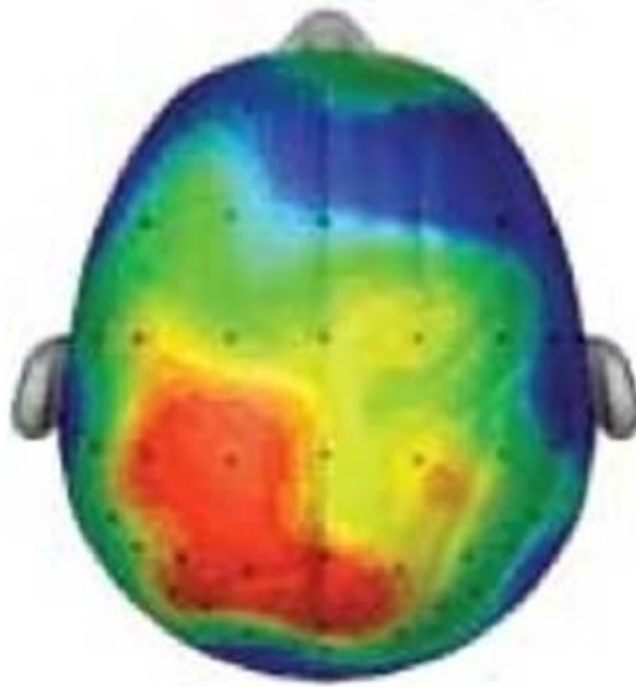


Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).



BRISTOL
2015 EUROPEAN
GREEN CAPITAL

**Physical activity
through active travel
Briefing Note:
A best available
opportunity for
enhancing academic
attainment among
school pupils?**

A Summary of the Evidence

Dr Darshana Bhattacharjee, Registrar in Paediatrics and
Public Health, Bristol City Council
Dr Adrian Davis, Public Health support to City Transport,
Bristol City Council (Supervisor)
April 2015

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PE and Sport Premium for Primary School

Government guidance on using the funding to:

‘embed physical activity into the school day through active travel to and from school, active playgrounds and active teaching’



What are the barriers?

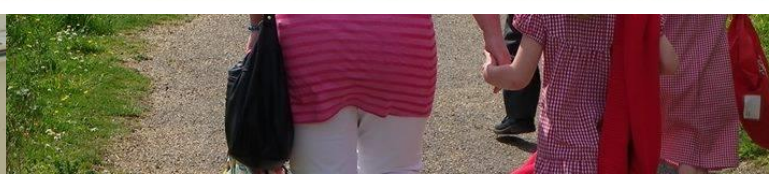
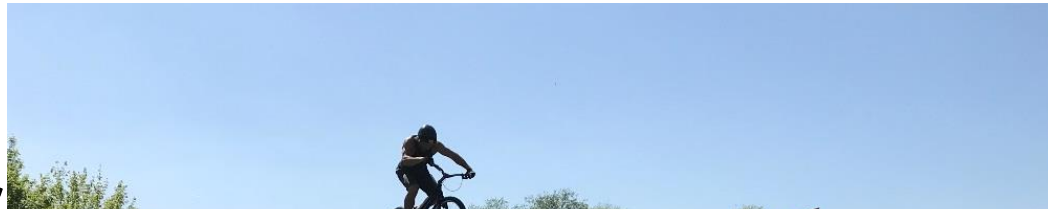
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**Activity: What
are the barriers
to pupils actively
traveling?**

Overcoming Barriers

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Barrier	Solution
Confidence and skills	Bikeability, cycle and scooter skills sessions, bike club, led rides, led walks, buddy up
Not considered Active Travel	Active travel days, themed assemblies, Route planning
Live too far away	5 – 10 minute walking maps, Park and Stride, Walking Bus
Can't be bothered – too much effort - motivate and incentivise (pester power)	Active Travel breakfasts The Big Pedal – annual competition Weekly activities - Walk it Wednesday / Be Fit Friday / golden lock or boot Family homework – e.g. sensor mapping, travel journal, route planning
Bike not working / no bike	Dr Bike, bike maintenance sessions, How to do an M check, puncture repair sessions, bike swaps



Suss it out! Being Healthy

30 minutes
Pens, paper, whiteboard
Group activity

The great activity-off!

Aim
Pupils consider what counts as activity and work out what is most effective.

Instructions
As a class, come up with a list of things they do every day, from sleeping to eating, studying to watching TV. How do they spend their spare time and get to school?



Discuss which they consider don't, then place in order of a class vote or pair activity. For an activity each holding it on organise themselves into a list least. Be prepared for lively individuals can't agree.

Extension
If you've done Flagger on the could measure their pulse to get another idea of how. Alternatively, they could res burned during the activities

Discuss the effect of time. Is considered more active than is an hour of video-gaming a 10-minute walk?



The Big Shift is a free-to-access online challenge. It is designed to motivate schools to travel actively, with schools set individual targets based on how pupils currently travel to school.

Increasing active travel to school is a step-by-step guide to increasing walking, cycling and scooting on the school journey. Designed for teachers, governors and parents, it contains a suggested programme and tips for events.

The Big Shift then helps each school to make a Small Step, a Big Stride or a Giant Leap towards increasing its active travel. Individual classes, year groups or whole schools can take part in Sustrans' Big Shift. For more information, visit www.sustrans.org.uk/bigshift

The stages include Getting Started, Raising Awareness, and can be delivered over six collaborative week of action - Big Shift challenge, a Bike to Big Pedal event. Visit www.sustrans.org.uk

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. www.sustrans.org.uk

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Suss it out! Staying Safe

Travelling actively to school is a great way for young people to get much of the exercise they need to stay healthy, while evidence shows they also arrive more alert and ready to learn. This series of free resources offers fun and engaging activities based on cycling, walking and scooting that can easily be fitted into the busy school day. Each theme includes a 10, 20 and 30 minute activity requiring little preparation and no resources other than those found in a typical classroom. The other resources in the series - Staying Safe, Looking After Your World and Future Journeys - are free to download from www.sustrans.org.uk

Hi-vis treasure hunt

10 minutes
None
Group activity

Aim
Pupils explore what they can do to make themselves more visible when they are on their journey to school.

Instructions
Pupils rummage through the classroom, their bags and their clothes to scavenge anything they can find that is reflective, fluorescent, illuminated or simply bright and shiny.

It might be a set of bike light piece of tin foil from their school bag.
Extension
Pupils discuss what's easiest off. Is it still the same result shine a mobile phone light further away, or see it out of flashing or steady light more

Hazard map

20 minutes
Paper, pen
Group activity

Aim
Pupils identify the potential hazards they experience on their journey to school.

Instructions
Pupils draw their journey to school, not in streets or distance, but with what they perceive to be possible problems, or unpleasant situations. They could write a list of words or situations or draw different features - maybe busy roads, litter, bad crossings, dirty buses, other schools, poor lighting or even dog mess (we find that comes up a lot). It might even be the weather.

Sustrans runs a free information service for enquiries about our work in educational settings and with young people. If you have a question, please call 0117 915 0100 or email youngpeople@sustrans.org.uk

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Suss it out! Looking after your world

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Exploring

10 minutes
Pens, paper
Pairs activity

Aim
Pupils start to see the school journey as an opportunity to discover new things.

Instructions
Pupils make an I Spy list of things for a partner to look out for on their next journey to school. The partner has to see how many they can spot.

Human map

20 minutes
None
Group activity

Aim
Pupils learn about mapping and where they live compared to classmates, how far they travel and discover who they could travel with.

Instructions
Pick a spot in the class that represents the school. Either depict north, east, south and west, or use local landmarks, eg well-known roads, shops, parks or leisure spots, to give an idea of direction.

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Suss it out! Future journeys...

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Carbon footprint

10 minutes
Paper, coloured pencils, crayons
Solo activity

Aim
Pupils explore what they can do to reduce their carbon footprint.

Instructions
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Classroom Activity Sheets

Big Street Survey

Our Big Street Survey is an exciting free curriculum resource enabling pupils to investigate the area around their school and create a manifesto on how to make their streets safer and greener.



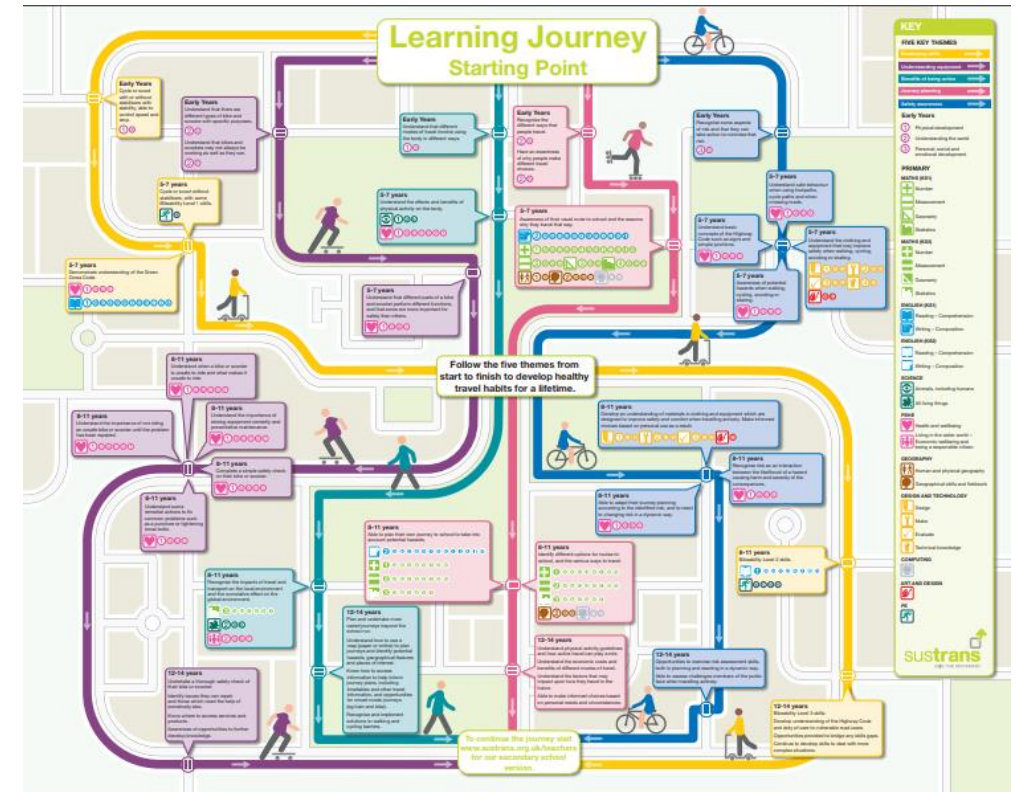
<p>WHAT I SEE... 1</p> <p>Quiet [] [] [] [] Loud Love [] [] [] [] Hate Empty [] [] [] [] Crowded Natural [] [] [] [] Man-made</p>	<p>Draw a map here</p>	<p>HOW THIS PLACE FEELS TO ME...</p>
<p>WHAT I SEE... 3</p> <p>Quiet [] [] [] [] Loud Love [] [] [] [] Hate Empty [] [] [] [] Crowded Natural [] [] [] [] Man-made</p>		<p>HOW THIS PLACE FEELS TO ME...</p>
<p>WHAT I SEE... 4</p> <p>Quiet [] [] [] [] Loud Love [] [] [] [] Hate Empty [] [] [] [] Crowded Natural [] [] [] [] Man-made</p>		<p>HOW THIS PLACE FEELS TO ME...</p>

Sustrans Learning Journey

‘Sustrans Learning Journey’ sets out a curriculum to develop the knowledge and skills that will introduce and develop lifelong active travel habits in young people.

Learning journey themes:

- Developing skills
- Journey planning
- Safety awareness
- Benefits of being active
- Understanding equipment.

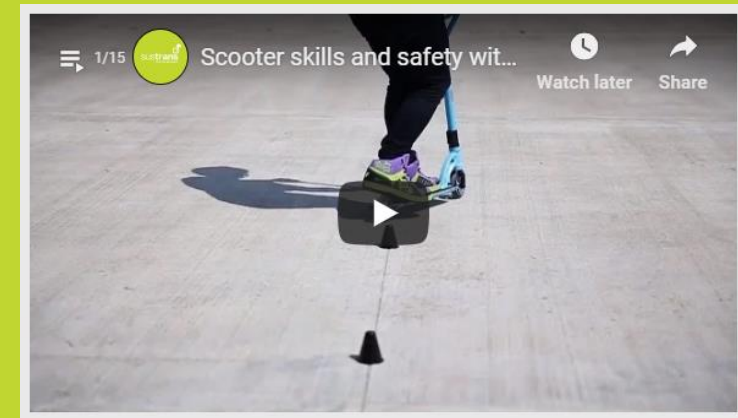


Suitable for age groups:

- pre-school
- ages 5-7
- ages 8-11
- ages 12-14

Practical guides and resources

Lose the stabilisers



Get scooting

Get going with Sustrans

Check your bike is safe to ride

The M check is a simple way to make sure your bike is safe to ride. This information sheet should be used in conjunction with the 'Check your bike is safe to ride - a how-to guide' available at [tryout.com/losestabilisers](#)

Activity instructions

1. Check your rear wheel is tightly fitted and the quick-release lever is secure in the closed position. Not all wheels will have quick-release levers. If wheel is not quick release, check that the nuts on both sides of the wheel are secure.
2. Check spokes are of equal tension and not loose. Pluck each spoke with your finger. The sound from each spoke should be very similar.
3. Check if there is enough air in your tyre. If the tyre is soft, then attach your pump to the valve and pump up. **Note:** There are two types of valve fitting - Presta (long and thin), and Schrader (thicker and slightly shorter). Recommended tyre pressure is usually written somewhere on the tyre.
4. Check the tyre to make sure it's not worn. There are many types of tyre. Look for bald patches, cracks or inconsistencies.
5. Check your seat post isn't loose and that you haven't exceeded the limit marked on the seat post. Use an allen key to tighten the seat post clamp. Ensure the seat post is secure by giving it another check once you have tightened the clamp.
6. Check that your chain is clean and oiled. Keeping your chain clean and oiled is important for the smooth running of your bike. **Note:** Don't use too much oil as this will pick up more dirt and make the chain more difficult to clean.
7. Check that your pedals spin smoothly and the cranks are on tight, spin smoothly and don't wobble.
8. Check there are bare-end plugs at the end of your handlebars.
9. Check that your front wheel and stem do not move independently and that your handlebar clamp bolts are tight. Perform this check by standing in front of the bike, holding the front wheel between your knees and twisting the handlebars. You can prevent any movement by tightening the stem bolts and the handlebar clamp with an allen key.

Teaching a child to ride without stabilisers

Cycling for the first time without stabilisers can be a very powerful memory in a child's life. It is an achievement that will help build confidence and a natural sense of adventure. This information sheet should be used in conjunction with the Sustrans film 'Teaching a child to ride without stabilisers - a how to guide' available at [tryout.com/losestabilisers](#)

Activity instructions

1. Get ready by lowering the seat and removing the pedals. Lowering the seat and removing the pedals enables the child to scoot along on the bike with both feet. Use this opportunity to provide instruction on using the brakes.
2. Giant steps. Demonstrate how a giant walk. When the child is ready, encourage them to scoot forwards for about 10 metres using giant steps.
3. Kangaroo hops. Demonstrate kangaroo hops. Encourage the child forwards for about 10 metres using the hops.

What you need

- ▶ A bike per child without stabilisers
- ▶ A spacer to remove and replace the pedals (if the pedals aren't already marked left and right, make a note yourself as to the opposite way to the right moment (optional))
- ▶ A camera to capture the moment (optional)

Things to remember

- Find a quiet, traffic-free area such as a cycle path or park with soft grass or smooth tarmac. A helper. Look out for hazards like potholes, steps, bumps and vehicles.
- Ensure the pedals are replaced correctly.

Tip

To help with balance, encourage the child to look ahead, not down at the wheel or their feet.

Check your bike





Travel around the body, learning,
exploring and getting active for
Sustrans Big Pedal



What is it?

Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge.



Schools compete to see who can record the greatest number of human powered journeys over two weeks.



When is it?



The competition runs
from
25 March – 5 April



How long is it?

You can take part for all ten days of the challenge but only the best five days will decide your final position.

You can also take part in the one day challenge.





What do we do?

Encourage your pupils and staff to cycle, walk or scoot to school every day or the one day challenge.

Record your journeys daily on the Sustrans Big Pedal website to try to increase your score each day.





Prizes

There will be fantastic prizes up for grabs throughout the challenge. Schools that get over 15% of their pupils cycling, walking or scooting to school will be entered into the prize draw.

Prizes include accessories and equipment to help your school travel actively.





Superhero Day

In the Big Pedal 2018, thousands of children across the UK transformed into their favourite superhero to celebrate the final day of the challenge.

Schools can choose to fundraise for Sustrans if they want.

The superhero event will be running again on **Friday 5 April**.





The competition is **free** to enter

Receive a bundle of curriculum-based resources themed around the human body and includes:

- **A free paper and digital wallchart** with fact cards on the human body
- **4 hours worth of curriculum based starters and lesson material**
- resources to run the event including **powerpoint, letters** to send to parents/guardians, **posters** and **active-travel record sheet**



Register today
bigpedal.org.uk

Increasing active travel to school

a six-week step-by-step guide

2018



Fun
Confidence
Independence
Health and wellbeing
Inspiration
Community-building
Learning

sustrans
JOIN THE MOVEMENT

Getting Started | week 1

To get your programme off to a good start, work through the list of essentials below. The key at this stage is to ensure everyone in the school knows about the programme and supports what you are trying to achieve.

ESSENTIAL ACTIVITIES

• **Recruit a Champion** This is someone in the school who will coordinate the activities and events. Many schools make light work of this role and involve the PTA. Make sure you have a champion and make them really count.

• **Make sure the Head Teacher is involved** early in the planning process. Having their backing and help means the whole school is onboard and more likely to really count.

• **Organise a staff meeting** to let everyone know what you are planning and getting the responsibility to support it into a timetable.

• **Start to think about what activities you would like to deliver** over the next term.

• **Start planning** what you are going to do and when.

• **Start promoting activities** as early as you can. Put up posters or material and get some things started without waiting. You could do a social media campaign.

• **Think about what** you are doing to support the programme and get everyone excited about it.

✓ Does your school have a Travel Plan that promotes walking, cycling and scooting to school?
If you need to recruit it, visit the Sustrans website for an example policy.

Raising Awareness | weeks 2-3

It's now time to get people thinking about the benefits of being active on the school journey and to start publicising all the exciting activities you have planned.

ESSENTIAL ACTIVITIES

• **Communication with parents** - having the support will be crucial to the success of the programme. You could use letters, leaflets, your website or social media. If you have a Parents Evening coming up, make a display and have someone available to talk to parents.

• **Organise a school assembly**. This is a great opportunity to tell all the pupils and staff about the programme and get everyone excited about it.

• **Get hold of some copies of a local map** and make them available to your staff and parents - people may be concerned that it's not available in the local shop. Display a copy of the map in a special Active Travel cupboard.

• **A high profile** will help to make your message a great success. Get it read with your local press to publicise your plans and what you are trying to achieve. You might even get a local business interested in supporting your plan.

• **Provide active travel to school** in a convenient location. Help guide them about the benefits of cycling what activities the evening objectives of your curriculum.

✓ Are there any funds available to develop your cycle and scooter program? If there is, there is some non-repaying money from your school travel plan available to you.

• **Sustrans provides funding** on our website for your local authority specific to your area.

Empowerment | weeks 4-5

Top tips

• **Provide cycle, scooter and walking training** that is appropriate to the needs of your pupils. There will certainly be a **diversity of walking skills** depending on age, development and experience. Be aware that some young people may be embarrassed to ask for help. They might need to be encouraged to get their confidence up. Consider having a parent or staff member available to help them. You can also have a sign that says 'Please don't be afraid to ask for help'.

• **Temporary cycle and scooter storage** can be an issue at the end of the day. Consider having a secure area for the bikes and scooters. You can also have a sign that says 'Please don't be afraid to ask for help'.

• **For the maintenance sessions** are often very popular. Make sure you give everyone parts of the bike and have a sign that says 'Please don't be afraid to ask for help'.

• **A number of staff or parents** may have the knowledge to help with the maintenance. You could have a sign that says 'Please don't be afraid to ask for help'.

• **Encourage the pupils** to have the knowledge to help with the maintenance. You could have a sign that says 'Please don't be afraid to ask for help'.

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Action | week 6

Now that you've laid the foundations, it's time to inspire people to try. You might also choose to repeat some of the activities from the previous weeks.

TRY THE FOLLOWING

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Moving Forward

Your success in getting more people active on the school journey deserves to be shared. Celebrate your achievements and tell everyone what happens next.

What next?

• **Were there any popular activities** that you could repeat again?

• **Did any individuals or groups** make out of some of the activities - perhaps you need to provide something special for them or consider any particular needs or interests. They might have?

• **Thinking about the time of year** that you are in, could you repeat any of the activities at another time for the benefit of new pupils or to better fit with the school calendar?

• **Identify areas of the curriculum** where active travel can be discussed, investigated and encouraged. Embedding cycling, walking and scooting into the school culture is crucial and using the opportunity as an ideal way to facilitate this.

• **How many people** have been active on the school journey? You could have a sign that says 'Please don't be afraid to ask for help'.

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How Sustrans can help

• **Individual award schemes** to inspire children and young people to get to school on foot, by bike or by scooter and reward them along the way.

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MOVING FORWARD

Become a Sustrans School

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- Sustrans can help to kick start a school into making it easier for children to walk, scoot or cycle
- Work with staff, pupils, families and governors
- Develop a bespoke programme to meet the needs of the school
- Supports the schools in achieving Eco-School Award, Healthy Schools Awards
- A Sustrans Officer recruits, trains and supports an Active Travel Champion within the school to help deliver a range of engaging activities to build:
 - confidence
 - enthusiasm
 - skills
- Form new active travel habits which continue when Sustrans leaves



Become a Sustrans School

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The Sustrans School Programme

- **Start-up phase:**
promoting the active travel programme throughout the school community. e.g. School assemblies, publicity materials and presentations.
- **Empowerment phase:**
provides pupils, teachers and parents with skills and confidence training to travel actively. e.g. cycle and scooter skills development and route planning workshops.
- **Action phase:**
delivers a range of fun initiatives to the school community to make changes to their travel behaviour. e.g. Active travel breakfast, bling your bike, be bright and be seen, competitions and challenges.

We will:

- fit into the KS1-KS2 curriculum
- produce all necessary documents: risk assessments, communication plans and provide session materials
- link into and support existing programmes like Bikeability
- activities can be run during, before or after school



What schools say.....

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“Charlotte has been absolutely fantastic and the support and encouragement she has given the children to gain confidence in riding the balance bikes has been brilliant. The children absolutely love going out on the bikes, and all of them have made fantastic progress in their gross motor skills, which is such a fundamental part of their development” Laura Milner, Nursery Teacher at St. Martins Primary

“Without the support of Helen and Sustrans, we would never have been able to take the first steps towards active travel and introducing it in our school. The positivity and passion to the active travel cause is endless. It has been a pleasure to work with them and we are excited about our next steps as a result”

Kayleigh Hannaford, St Joseph's Primary School Champion

What can you do

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**Activity:
Events planning**