

# Leicestershire Active Travel Month - May 2021





Following the success of the Active Travel Month in October 2020 we are back to provide a new month's worth of activities and incentives for the pupils of Leicestershire schools to travel actively. There are different resources, competitions and information inside and it all coincides with Walk to School Week too! Your local SSPAN will provide you with a wallchart so each class can record their active travel journeys for the month.



# Aims

- To support children to actively travel to and from school.
- To provide schools with the resources to encourage their students to actively travel to their school.
- To promote all modes of active travel by focusing on a different activity each week during the month.
- To monitor the number of active travel journeys throughout the month through the use of a wallchart.

# Benefits

- Fun!
- Is a great way to be active
- Can benefit wellbeing and mental health
- Cycling is a life skill
- Will develop positive habits
- Reduces traffic and congestion around school
- Prepares you for the school day
- Scooting and cycling support the development of fundamental movement skills
- Active Travel initiatives support schools to deliver a Daily Boost [www.lrsactiveschools.org/daily-boost/](http://www.lrsactiveschools.org/daily-boost/)

# Scooter Week

## W/C 3rd May

Scooting is a brilliant way to exercise whilst travelling. Scooting is a great way to develop key skills like balance, co-ordination and endurance. Scooters are easy to transport too, with them easily able to fit into a car or be taken home after use by a parent/carer.

Make sure your pupils are safe while scooting, take a look at this link with scooting safety tips

[www.bbc.co.uk/cbeebies/joinin/7-scooter-safety-tips-for-kids](http://www.bbc.co.uk/cbeebies/joinin/7-scooter-safety-tips-for-kids)

**Top Tip**  
Make sure you are  
sharing the space with  
other pavement users.

**Weekly Activity** – The Golden Lock – One day or every day during scooter week place a golden lock on a parked scooter during the school day to incentivise scooting to school. This lock will entitle the pupil to a prize!

**CHYM Weekly Competition** – Tweet us a photo of the scooters parked at your school during scooter week to be in with a chance of winning a ScootFit day! Send your photo to [@CHYMLEics](#) and [@LR\\_Sport](#) with the [#ScooterWeek](#)



# Mental Health Awareness Week

W/C 10th May

This week is [Mental Health Awareness Week](#) and the theme this year is nature, meaning it ties in perfectly with our Active Travel Month. Nature was chosen as a theme for the week as a result of the pandemic, with research highlighting how going for walks and being

in green spaces had been vital for our mental health. Research also found people have not only spent more time in nature over the last year but were noticing it more too.



**Physical Activity** – There are many studies which have shown that taking part in physical activity can improve mental health. It can help by contributing to better sleep, happier moods, managing stress and anxiety as well as others. For more information and helpful links you can visit [here](#).

**Resources**– You can find resources to promote the importance of mental wellbeing to your schools' pupils [here](#).



You can use  
**#MentalHealthAwarenessWeek**  
on social media to get involved and  
also see what others are doing for  
the week

# Walking Week

## w/C 17th May

With it being national walk to school week this week, there has never been a better time to promote walking in your school. Research shows walking to school, has a positive impact on children's health, and supports their concentration and behaviour.

**Weekly Activity** - Follow this [link](#) to find out more about walk to school week and the different activities your pupils can take part in this week.

You can set up a **Park and Stride** site to support all your pupils to walk to school. A Park and Stride site is an area near to school where parents and carers are encouraged to park and then walk the rest of the distance. This is a great initiative to support those pupils who have to drive some of the way.

**CHYM Weekly Competition** – Is your school taking part in walk to school week this week? Send us a photo of what your school are doing to celebrate the week to [@CHYMLEics](#) and [@LR\\_Sport](#) using the walk to school week hashtag for your chance to win a scoot pod for your school.

**Did you know?**  
It is Walk to School week  
this week! Use the ideas  
on this page to join in.





# Cycling Week

## w/C 24th May

During cycling week, we want to see as many pupils cycling to school as possible. Cycling can be a great way to travel, being quicker than walking, whilst sometimes being quicker than the car too! Encourage your pupils to cycle safely and with the correct equipment during cycling week.

### Tips for cycling safely!

- Identify appropriate routes for cycling around school and publish these prior to cycling week.
- Make sure pupils know the rules around cycling to your school. Do they need to walk their bike onto the school site? Where can they park their bike?
- Use the park and stride site from walking week to become a park and pedal site!
- Do you have balance bikes at school that younger pupils could use during school time? It's a great way to learn the skills of cycling.

**Weekly Activity** – Two Wheel Thursday! Make the Thursday of cycling week, Two Wheel Thursday. Encourage as many pupils to cycle to school on that day to promote the benefits of cycling. If space might be an issue you could have a different assigned day of the week for pupils to cycle to school on.

**Balance Bikes** – The Choose How You Move team can support your pupils to learn how to ride by providing you with a short term loan of a fleet of balance bikes and helmets for your pupils to use in school. Get in touch for more information!



# Further Information

Clean Air Day is the 17th June this year, for more information visit [www.cleanairday.org.uk](http://www.cleanairday.org.uk)

The Eco-Schools programme is an ideal way for schools to embark on a meaningful path towards improving the environment in both the school and the local community while at the same time having a life-long positive impact on the lives of young people and their families. For more information visit the Eco Schools website [www.eco-schools.org.uk](http://www.eco-schools.org.uk)

 [www.choosehowyoumove.co.uk](http://www.choosehowyoumove.co.uk)

 [www.lrsport.org](http://www.lrsport.org)

 Find your SSPAN - [www.lrsport.org/sspan](http://www.lrsport.org/sspan)

#activetogether

