

Walk to Support

Focus on encouraging walking to school during big events.

Aim: The aim is to motivate students to walk whilst supporting their teams. This can be used as a challenge within the classroom or a whole school challenge.

Method:

- Find a wall or area in each classroom to display the Walk to Support poster. It should be in a fairly public place, so students and parents can see its progression.
- Each student cuts out their own rugby ball and writes their name on it. These are attached at the bottom of the chart.
- Different points are awarded for various ways of travelling sustainably to school.

5 points for walk, bike, scooter, or skateboard

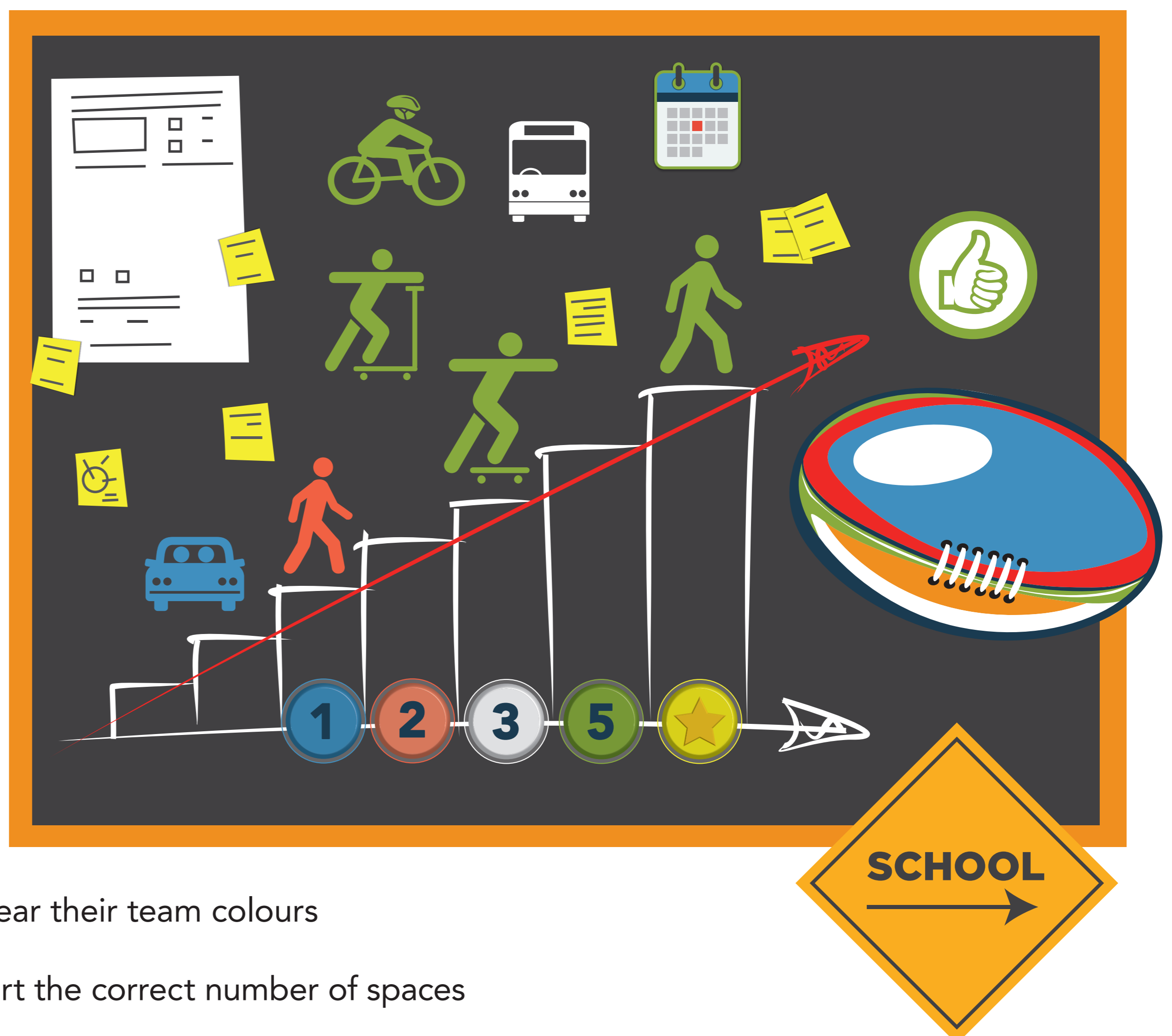
3 points for public transport

2 points for park and walk 500m

1 point for car pool

★ Bonus point awarded for students who wear their team colours

- Students move their own rugby ball up the chart the correct number of spaces for each day that they are awarded points.



Variations and tips:

- To ensure that students who live far away from the school can be included, drop-off points can be stipulated that are 500m from the school. These students can then gain points on the chart.
- Run this activity either as a challenge within the classroom, or an inter-class challenge, or an inter-team challenge. Announce the winning person, class, or team at assembly to celebrate their success.



