



LIVING

STREETS



LET'S
WALK TO
SCHOOL

WHY SPEND YOUR PE AND SPORT PREMIUM ON ACTIVE TRAVEL

Public Health England recommends promotion of active travel as a means to increase physical activity in schools and colleges. Guidelines highlight that the **PE and Sport Premium is not restricted to sport and can be used to support a wide range of physical activities, including walking to school.**

The amount of funding available to spend on sport and healthy living initiatives **is set to increase from September 2017.** This provides an ideal opportunity for your school to invest in active travel initiatives, like Living Streets' WOW year-round walk to school challenge. WOW costs between 2-5% of the overall PE and Sport Premium budget available for schools.

Not only will your school benefit from pupils' increased activity levels, but congestion and pollution will be reduced outside the school gates and pupils will arrive at school fit, refreshed and ready to learn.



THE SITUATION TODAY

A generation ago, 70% of children walked to school – now it's less than half. Living Streets is the national charity for everyday walking. We work with thousands of schools and around one million pupils across the UK to make walking a part of every child's daily routine.

There are some big challenges that need to be tackled:

➤ one in five cars on the road during morning rush hour are taking children to school, leading to congestion and air pollution, especially at the school gate.



➤ one in three children leaves primary school either clinically overweight or obese.

➤ 79% of boys and 84% of girls fail to meet the minimum official recommendation of daily physical exercise.

FIND OUT HOW WE'RE HELPING TO TACKLE THESE CHALLENGES



HELPING TO TACKLE THESE CHALLENGES

The Chief Medical Officer recommends that children should get 60 minutes of physical activity a day; walking to school can go a long way to achieving this goal. Research shows that children who do some form of exercise, especially a walk before school:

- arrive fit, refreshed and ready to learn
- do better in class
- are happier, healthier and more independent.



ACHIEVING LONG-TERM CHANGE

WOW – the year-round walk to school challenge is the leading behaviour change programme in the country for primary school children. It incentivises thousands of children to walk to school at least once a week in return for a monthly badge.

After one year of taking part in WOW, on average **23 per cent more children** walk to school and there is a corresponding **30% drop in car use**, reducing congestion and increasing safety.

At less than £1.50 per pupil per year, WOW is a simple and cost-effective way of getting children walking to school. Plus, it takes just minutes to run in class each morning. **An average sized primary school of 270 pupils would cost approximately £400 to run WOW for a year**, which would include:

- 11 months of badges
- Travel Tracker (our interactive travel recording tool)
- Curriculum-based learning resources, information on how to run WOW, background information for parents around the walk to school campaign and more.



Use your PE and Sport Premium to fund WOW for 2017/18.
Find out more at www.livingstreets.org.uk/sportspremium
or contact the Living Streets Schools Team on **020 7456 9793**.