

Top tips for school travel

Teachers frequently report that children who cycle, walk and scoot to school are more alert, relaxed and ready to start the day than those who are driven. It also helps pupils to meet their recommended hour of daily physical activity and reduces congestion at the school gates.

As a leading UK charity, Sustrans has drawn on 16 years of experience working with schools to create some top tips for increasing levels of walking and cycling to school.

- **Consider facilities** – secure cycle parking and lockers make cyclists feel valued and confident that their bike and equipment will be safe. Scooter parking is also very popular!
- **Take part in national events** – such as Sustrans' Big Pedal, Bike to School Week and Living Streets' Walk to School campaign.
- **Invite special guests and VIPs** - local dignitaries, celebrities, MPs and local cycling or walking "heroes" can help to inspire pupils.
- **Include school travel in the curriculum** - consider a cycle obstacle course in PE, poems and descriptive writing in Literacy, mapping in Geography and posters, banners and murals in Art.
- **Update your School Travel Plan** – make sure pupils and parents are involved in the process.
- **Create an after-school cycle club** – improve the image of cycling whilst teaching pupils vital lessons about bike safety and maintenance.
- **Organise Bikeability** – cycle training to the National Standard is fun and gives children the skills and confidence to cycle in modern road conditions.
- **Walking and cycling passports** - each pupil gets their 'passport' stamped when they walk or cycle to school. Pupils with the most stamps at the end of the week win prizes!
- **Incentive scheme for staff** – encourage staff to be role models by walking and cycling to school.
- **Organise a Dr Bike maintenance session** – contact your local authority or bike shop to see if they can help.
- **'Bling your bike or boots' day** – let the creative juices flow by challenging pupils to decorate their bike or boots. Themed days work particularly well.
- **Hold a bike breakfast** – reward your budding cyclists (or walkers!) by providing bacon butties, veggie sausages and fruit juice. Persuade your local supermarket to help out.
- **Banners and murals** – decorate the school with visual encouragement by challenging pupils to a design competition.