

Brisk Walk Challenge

Better by...



About this activity

Suitable for all schools. Supports the PE National Curriculum.

The walk to and from school is a great opportunity to get adults and kids to fit walking into their day. Parents can leave the car at home and either walk all the way, or take public transport and walk part of the way to school. Parents and older students can download the app and see how many minutes of brisk walking they do a day.

Get in touch with Public Health England at Partnerships@phe.gov.uk to order the full pack including wall chart, posters and stickers.

Or alternatively you can download the app and get involved as a class by walking briskly for 10 minutes during break times or as part of physical education.

How it helps

This activity counts towards travel activity:

- supports the PE National Curriculum
- eases congestion at school gates
- engages the wider school community.

Resources

- wall chart
- wall chart maker
- walk of the week cut-out.

This activity can count towards your Modeshift

STARS accreditation: Travel activity - C16-C18

Supporting: Promotion PR1, PR7,
Curriculum CU1, CU8, Partnership P3



Activity steps

- 1. Decide the level of involvement you would like**
Involve your school travel working group, engage and involve the whole school community; pupils, staff and parents. Contact your borough officer if you require any support.
- 2. Download resources**
Download and distribute posters and leaflets to parents and students. Engage parents and pupils with the help of a wall chart and make walking a competition.
- 3. Feedback**
Record the feedback from students, parents and teachers.
- 4. Tell your story**
Sign in to Modeshift STARS to add your story and include pupils' feedback. Explain the activity and add photos and any posters or promotional materials. Feedback to your borough officer.