



Active Travel to School

Sara Davies, Walk Notts Strategic Lead

What is Active Travel to School?



Walking Wednesday Senses Trail

Use your 5 senses on Walking Wednesday

Listen	Look for shapes in the clouds	Touch for different textures	Taste a yummy treat	Smell when you breathe	Listen for a bike bell
Look	Touch a game box	Listen for the birds singing	Taste a chocolate (eating age)	Smell when you breathe	Listen for a bike bell
Touch	Taste a sweet	Listen for a dog barking	Taste a hot pepper (eating age)	Smell when you breathe	Listen for a bike bell
Taste	Smell	Listen for a dog barking	Taste a hot pepper (eating age)	Smell when you breathe	Listen for a bike bell



Active Travel to School

Discussion in Tables about

- Why did you sign up to the Active Travel to School workshop?
- What is your school currently doing around Active Travel?



Active Travel at Crabtree Farm

PE conference 2025

Walking for Good Health

- ❑ Children in KS2 participate in the Crabtree Mile everyday (regulate emotions, knowledge retention and behaviour).
- ❑ Headteacher promotes active lifestyles (pupils and staff).
- ❑ Encourage children and families to walk, scoot or cycle to school.
- ❑ Promote walking in the local environment (local trips).
- ❑ Sports coach is a member of the staff team works from F1-Year 6.



Promoting Road Safety

- ❑ KS2 Annual Road Safety Quiz provided by the RST.
- ❑ Working closely with the RST to hold workshops, lessons and assemblies.
- ❑ Road Safety delivered through PSHE, reading lessons.



Today we will learn:

- What we need when riding a bike
- What road signs we need to know when cycling
- Different parts of the bike, what they do and why they are important





British Cycling

- Promoting cycles
- After school clubs
- Bike maintenance sessions
- Targeting approach (SEND, Girls)
- Bike storage areas





ACTIVE TRAVEL AT DALLIMORE PRIMARY AND NURSERY SCHOOL



Question and Answer session



Why Active Travel to School?

- Happier, healthier and active children who are ready to learn, develop life skills, socialise and connect with others
- Reduce school run traffic and its associated problems of congestion, pavement parking, poor air quality, carbon emissions, road safety concerns and aggravated residents
- It's free and reduces fuel costs



National and Local Initiatives

Modeshift STARS Accreditation Cycle

- Set up your STARS Team, agree and state your Aims**
- Assess your current travel and transport situation**
- Define your Objectives and set your Targets**
- Develop and implement your Action Plan**
- Monitor refresh, maintain and progress**
- Get Accredited!**



School travel toolkit

Find the latest Nottinghamshire and National Covid-19 travel advice.



Hello and welcome to the Nottinghamshire School Travel Planning Toolkit.

The toolkit includes everything you need to know about improving travel to Nottinghamshire's schools.

We have information and advice for school leaders, teachers, parents and carers, children, and those living near to our schools.

Primary School (Reception - Year 6)

Secondary School (Year 7 - 11)

Not sure where to start? Check out the [Toolkit Quick Reference Guide](#) [PDF]

WOW the WALK TO SCHOOL challenge

2025/26

18% MORE WALKING AND WHEELING JOURNEYS

59% FEWER CAR JOURNEYS TO THE SCHOOL GATES

LIVING STREETS LET'S WALK TO SCHOOL

ROAD SAFETY QUIZ

ROAD SAFETY QUIZ

10 QUESTIONS

walk notts festival

01-31 May

Listen up Notts!

May is National Walking Month, let's get walking and wheeling

To find walking groups or walk ideas near you visit the website www.walknotts.org.uk
 Contact info@walknotts.org.uk for support and guidance to get your club or community group walking and wheeling in May

Walking and Wheeling Ideas:
 Step Challenges
 Walk or Wheel to Work
 Heritage Walks
 Nordic Walking
 Litterpicking
 Walk to School Week
 19-23 May

Download apps to help you explore - Komoot - GoJauntly - GreenSpace.NG

BINGO!

How many of these can you do in May?

What can you hear? Listen to the birds call. Issues	Animal Spotting What animals can you spot?	Find a stick What is it? A magic wand, a broomstick, a walking stick?	Puddle Splashing Go splat in the rain and splash in the puddles
Walk or wheel to School / work Why do you do it? What is the benefit of it?	Musical Find a soundtrack to walk to or sing your favourite song outside	Step Challenge How many steps can you do? Why not compete with friends?	Colours What three colours can you see?
Picnic Walk or wheel to a nearby park or green area and enjoy a snack together.	Buggy Walk Go on a buggy walk with family, friends or neighbours.	Teddy Tossie Take your favourite toy for a walk or wheel.	GoCaching Download the GoCaching app to find hidden treasures in your area.

It's all about wheeling as well as walking, and inclusive to all

Wheeling is an alternative to walking, with people using wheelchairs to help them move. We're happy to welcome wheelchair users to our events.

info@walknotts.org.uk www.walknotts.org.uk [@mazzawalkingfestival](https://www.instagram.com/mozzawalkingfestival/)



Sustrans BIG WALK AND WHEEL

24 March - 4 April 2025

Headline sponsor SCHWALBE

WALK TO SCHOOL WEEK

SAVE THE DATE 19-23 MAY 2025

EARLY BIRD REGISTRATION IS NOW OPEN

The Daily Mile

children fit for life

supported by INEOS

Podiat

ActiveWell Team + 5d

Race to the pole challenge resources

Checkpoint resources for the race to pole challenge. Click on the checkpoints to download the content

- Nottingham launch assembly PPT from the ...
- Nottingham Launch video for assemblies
- Lusley House, Station Street, Nottingh... Link to webpage
- Nottingham Railway Station, Carringe... Link to the interactive route-map...
- Nottingham Hill, Nottingham Launch message from the ...
- Chert, Belgium
- Chert, Belgium

Close

information please contact me, Sara Davies,
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Other useful contacts

www.modeshift.org.uk

www.achievethebest.org.uk

www.nottinghamshire.gov.uk/education/travel-to-schools/school-travel-plans

www.nottinghamcity.gov.uk/information-for-residents/transport-parking-and-streets/roads-pavements-and-highways/traffic-management-and-road-safety/road-safety-education-and-cycle-training

If you'd like to get involved or want more
Feedback

