

Walking to School Week 2026



What is It?

A week of fun walking to school in 2026, it's officially being held 18th – 22nd May.



Walking to School Week is a **special event** where we all try to walk to school every day! It's a great way to stay healthy, help our planet, and have fun with friends. Let's make it exciting!

Benefits

Keeping Fit

According to government guidelines, children and young people aged 5 to 18 need at least 60 minutes of physical activity every day. Walking or cycling to school is perfect for achieving that!



Cleaner Planet

Getting out of the car and on to your bike or scooter, and walking are all great ways to reduce your carbon footprint. It'll help reduce air pollution and address the climate crisis. Also, an average, one in four cars in the morning rush are on the school run so less congestion.

Ready to Learn

Teachers find that pupils who walk, cycle or scoot arrive at school more relaxed, alert and ready to start the day than those who travel by car.



Is this school average?

Does anyone know what percentage of children in the UK walk to school?

Remember a percentage is out of 100. So your answer has to be between 0-100

Discuss with the person next to you!

The average is...51%

How do you get to school most days?

Raise your hand if you walk to and from school most days. (or Cycle/scoot)

(Is this around half?
More than half or less?
What do we think?)

How else do you get to school? Raise your hand if you:

- Come by car
- Come by bus
- Come by train

Safety Tips for Walking

The Green Cross Code

1. Find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass
5. When it is safe, go straight across the road – do not run, keep looking and listening for traffic while you cross.



Be bright! Be Seen

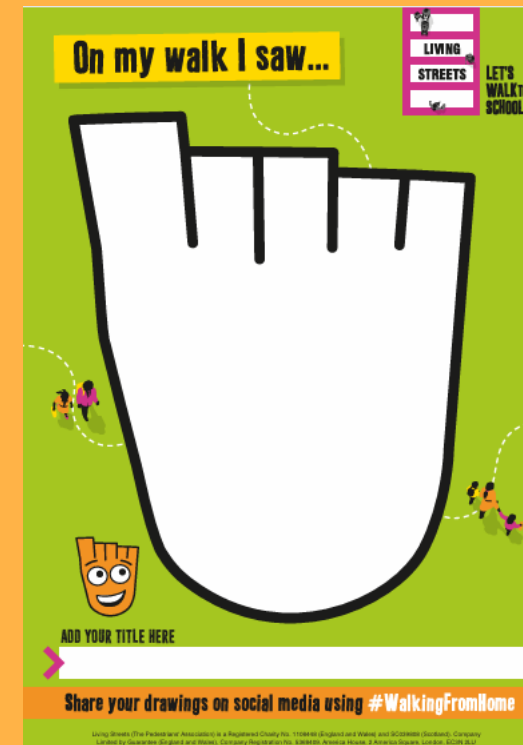
Help other road users to see you. Wear or carry something light coloured, bright or fluorescent!

Fun Activities!



Scavenger Hunt

Check off things you see!



Drawing

Draw what you've seen on your journey



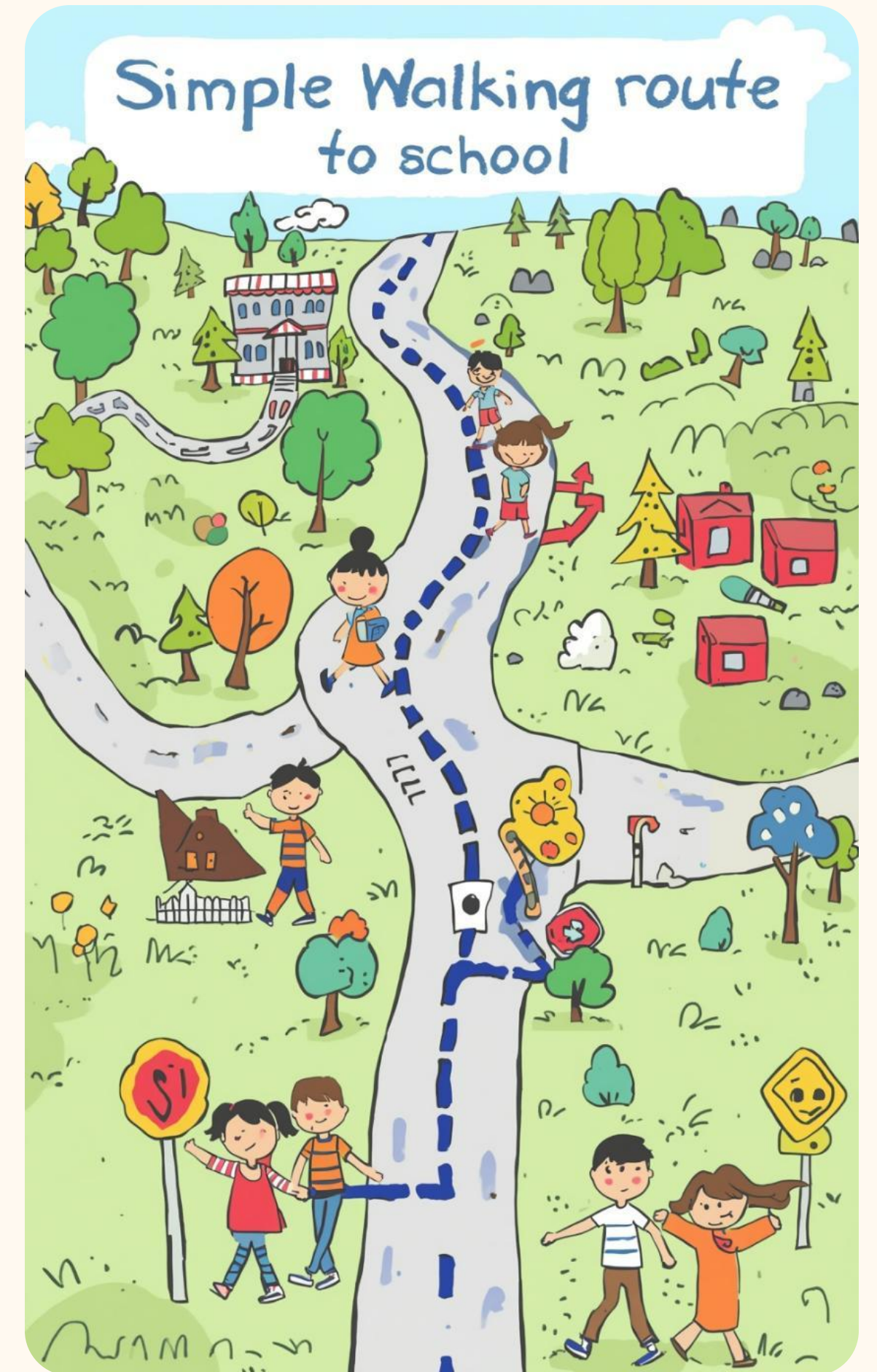
What makes you happy?

List the things that make you happy on your journey.

Join In!

Tell Family

Share the exciting news about **Walking to School Week** with your family so they can join in on the fun and stay active!



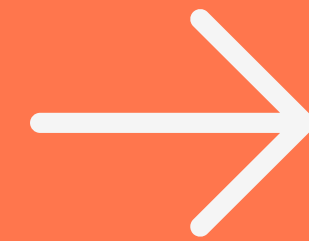
Plan Route

Together, decide on the best and safest walking route to school, ensuring everyone knows the way and enjoys the journey each day.

Walk Safely

Make sure to follow all safety tips while walking to school, keeping each other safe and making the walk enjoyable for everyone involved.

One step further...



We now know the positive aspects of walking to school, but what about when you have to travel further?

Public transport



Benefits

Keeping Fit and Healthy

- Daily bus users clock up annual equivalent of 11 marathons.
- It's safer! Travelling by train is 9 times safer than travelling by car!
- Taking public transport is more relaxing than driving – no looking for parking spaces or getting lost!



Cleaner Planet

- Public transport systems emit less CO2 per passenger mile. – they use 6 times less energy too!
- Public transport utilize cleaner fuels and tech – these emit fewer pollutants.
- Public transport helps alleviate traffic congestion – less vehicles on the road!

It's cheaper!

Owning and maintaining a car is expensive.

- Fuel
- Insurance
- Maintenance
- Taxes
- Parking



What's your pledge?

Chat to the person next to you about what you're going to do this walk to school week and after!

- Walk to school everyday
- Walk to school 1/2/3/4 times a week
- Catch the bus to go swimming
- Get the train to go to Grandma's house

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Travel with the **GREEN TEAM**