

WALK TO SCHOOL WEEK 2019

FOOTSTEPS TO SUCCESS
5 DAY CHALLENGE



PASSPORT

THIS PASSPORT BELONGS TO:

CLASS

Your mission is to see how much more fun you and your family can have, being more active and finding out more about where you live.

BE PREPARED

First Step to Success:

Set your alarm and sort your bag and school clothes out. Surprise your adults by being prepared and ready for school.



DAY 1:

How long did it take to get to school?



FACT

By walking or cycling to school, you will be brighter, more alert and ready for class.

What time did you leave the house?

What time did you arrive at school?



DAY 2: NEXT STEP

Plan to meet your friend to walk together

Your adults can talk too

Tell a joke day



How long was your journey today?



FACT

Half the cars on our London's road during the morning rush hour are parents driving pupils to school. By saving just one in four of these cars, we can save huge amounts of CO₂, which would improve air quality



DAY 3: ACTIVE STEPS

What did you see on your journey today?

Say hello to someone working or someone elderly!

How many steps from your home to school?



DAY 4: STEP IT UP

Can you beat your trip time, **walk faster** and **get to school quicker**.

Make sure you use the **Green Cross** code to cross the road.

Journey time today



How many birds/animals did you see?



FACT

If every Londoner walked or cycled for at least 20 minutes every day, it would save the NHS over a billion pounds in 25 years!



DAY 5: YOU MADE A DIFFERENCE

Plan your active weekend, maybe visit a park with an adult. Check out our **WEEKEND OF PLAY** for free fun in the borough.

I/we pledge to have active fun over the **Weekend of Play**

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Parent/carers signature

Were you quicker
getting to school today
than on Monday?



WORD SEARCH

ANIMALS	HAPPIER	PREPARED
BRIGHTER	HEALTHY	RUN
CROSSING	JOURNEY	SAFETY
CYCLING	LIGHTS	SCOOT
EASY	MEETING	WALK
FITNESS	OBSERVANT	
FRIENDSHIP	POLLUTION	

A	N	I	M	A	L	S	W	Y	H	P	G
S	T	H	G	I	L	Y	W	O	A	O	N
A	W	D	D	F	E	F	B	V	P	L	I
F	R	I	E	N	D	S	H	I	P	L	S
E	M	Q	R	R	E	V	N	L	I	U	S
T	F	U	W	R	A	V	G	U	E	T	O
Y	O	A	V	K	C	P	C	X	R	I	R
J	L	A	F	I	T	N	E	S	S	O	C
K	N	R	E	T	H	G	I	R	B	N	G
T	M	E	E	T	I	N	G	J	P	H	O
Y	H	T	L	A	E	H	S	C	O	O	T
G	N	I	L	C	Y	C	Y	S	A	E	W

HARINGEY'S 3RD WEEKEND OF PLAY

Families can take to the streets or head to their local park for some free and fun outdoor play sessions as part of Haringey's Weekend of Play, from 24-27 May.

The Weekend of Play is organised by Haringey Council, in partnership with schools, residents and local community organisations. It is also supported by Haringey's Obesity Alliance, which aims to tackle childhood obesity through play.

EVENT LOCATIONS AND DETAILS

Various primary schools, nurseries and children centres across Haringey will be launching the weekend of play through hosting their own play streets.

From Friday 24th, to Bank Holiday Monday 27th May, there will be a wide variety of fun activities happening in parks and open spaces across Haringey. To find your local park event, visit

www.haringey.gov.uk/weekend-play
or use the QR code to head to the website.

More details contact: **smarter.
travel@haringey.gov.uk**

