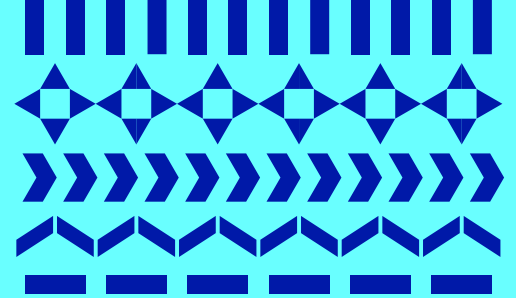




TfL
TRAVEL
FOR LIFE



TfL Travel for Life and the Big Walk and Wheel – Activity Booster Sheet

WHAT IS BIG WALK AND WHEEL?

Sustrans Big Walk and Wheel is the new name for Sustrans Big Pedal. The event has a new name but it still has the same aim. We want to encourage more families to travel to school actively, to help create healthier and happier communities.

[Sustrans Big Walk and Wheel](#) is the UK's largest inter-school cycling, walking, wheeling and scooting challenge that inspires pupils, staff and parents to be amazing and take active journeys to school. This year it will run for 10 days from 11–22 March 2024 and is open to all primary and secondary schools in the UK, including SEN schools.

On each day of the challenge schools compete to see who can record the greatest number of pupils walking, using

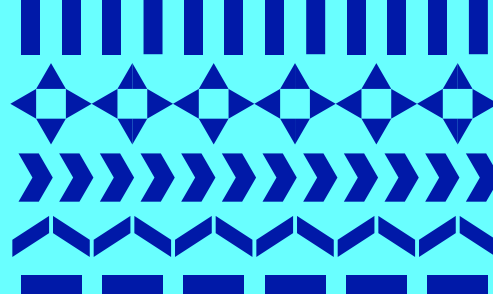
a wheelchair, scooting or cycling to school. Join in to be in with a chance of winning fabulous prizes every day.

Sustrans' wants all children to join in the fun and to understand the health and wellbeing benefits of active travel. Take a look at the [list of ways to take part](#) and download the inclusivity guides (the [Sustrans Big Walk and Wheel Inclusivity Guide](#)) to find out how all pupils can get involved.

DID YOU KNOW?

Did you know that taking part in the Big Walk and Wheel can also help count towards your TfL Travel for Life Accreditation? The Big Walk and Wheel itself counts as one [Travel activity](#), but you can also run additional activities








throughout the competition to help boost your level of accreditation. Simply select the TfL Travel for Life activity card that corresponds to the activity you're running in school, tell your story and keep working towards your next TfL Travel for Life accreditation.

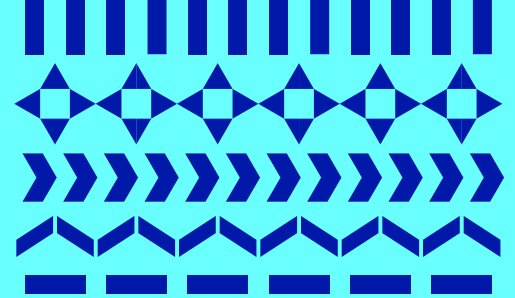
HOW DO I GET INVOLVED?



To do this, please visit the Big Walk and Wheel home page (embed link below) and register your school. You can then access all the key resources and information to help your school plan run a successful week of activities.

<https://bigwalkandwheel.org.uk/>

See the list below for suggestions of TfL Travel for Life Activity Cards that align with The Big Walk and Wheel.

	EXAMPLE ACTIVITY	'TFL TRAVEL FOR LIFE' ACTIVITY CARD
 CONSULTATION	Work with a dedicated group of pupils (e.g. <u>Explorers Ambassadors</u>) to help you promote the competition by creating a <u>poster</u> or piece of persuasive writing to encourage more people to use active travel. This will also have the objective to understand what is meant by active travel, and what its benefits are.	<u>Pupil involvement</u> <u>Health benefits of active travel</u>
 PROMOTION	<u>Display posters</u> , include information in school newsletters, and promote the event via social media. Get pupils involved in planning and designing promotional materials or writing <u>articles and blogs</u> , or use <u>Sustrans ready-made resources</u> . Celebrate the success afterwards through your school's newsletter and website	<u>Communicating with parents/carers</u> <u>Publicity within the local community</u>
 CYCLING	Organise a lesson to learn and correctly <u>identify the different parts</u> of a cycle. As a group discuss and identify which cycle parts might need more maintenance and why. Can the class identify certain cycle parts which should be checked before using?	<u>Bike Maintenance skills</u>



	EXAMPLE ACTIVITY	'TFL TRAVEL FOR LIFE' ACTIVITY CARD
 WALKING	<p>Use the Clean Air Route mapping lesson plan to encourage pupils to use the map in the pupil worksheet to identify what affects air quality.</p>	<p>Other walking activity</p>
 CURRICULUM	<p>Have a look at the Big Walk and Wheel teacher resources, which includes a different classroom activity for each day of the Big Walk and Wheel. There are some examples of how these relate to TfL Travel for Life activities below</p> <ul style="list-style-type: none"> • Primary School Lesson Plans • Secondary School Lesson Plans <p>Understand how active travel can have a positive impact on the country. Write a report and create a newsflash to encourage more people to take active travel for their journeys.</p> <p>Learn about the interventions that can make active travel safer and more enjoyable for everyone in the local neighbourhood.</p> <p>Ask the students which modes of transport produce the most air pollution. Share information on how much carbon dioxide is emitted by various modes of transport and discover what is causing air pollution around your school. Ask pupils to put forward their ideas on how the school community can improve air quality in their local area.</p>	<p>Health Benefits of Active Travel</p> <p>Other Curriculum Activity</p> <p>Environmental Benefits of Active Travel</p> <p>Mapping exercises</p> <p>Air quality Competition</p>