



Headline sponsor:

SCHWALBE



Top tips

11–22 March 2024

Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting, and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.



Get ready

Help us to celebrate the 15th year of Sustrans Big Walk and Wheel by promoting the challenge to the school community.

- ✔ Share the [information sheet](#) with school staff to make them aware of Sustrans Big Walk and Wheel.
- ✔ If your school has eco-champions then support them to promote Sustrans Big Walk and Wheel.
- ✔ Encourage pupils to get their bikes and scooters ready by watching the [M check](#) and [L check](#) video.
- ✔ Consider setting up temporary cycle and scooter parking – you could even just use a spare room or secure a rope against a wall for the children to attach their cycles to.



Promotion

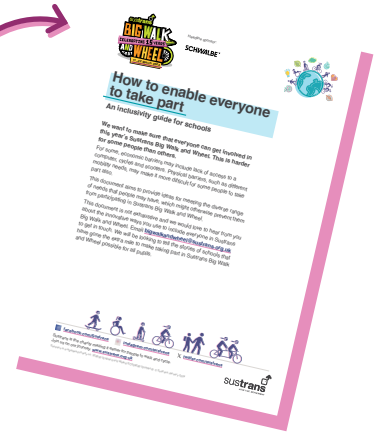
- ✔ Use our [letter template](#) to let parents know your school is taking part in Sustrans Big Walk and Wheel and the benefits of active travel to their children.
- ✔ Use our [school assembly presentation](#) to inspire pupils to take part.
- ✔ Hang [Sustrans Big Walk and Wheel posters](#) around your school to remind pupils and staff that the challenge is happening.
- ✔ Invite neighbouring schools to take part in the Sustrans Big Walk and Wheel and create local competition. You can track how schools are doing via your school homepage.



- ✔ Use our [social media templates](#) to remind everyone that you are taking part.
- ✔ Use our [school press release template](#) to spread the news to the wider community that your school is taking part.

Include everyone

- ✔ Make sure everyone can take part in Sustrans Big Walk and Wheel. See the [inclusivity guide for help and tips](#).
- ✔ Involve all pupils in the Sustrans Big Walk and Wheel lesson plans and activities.
- ✔ Involve SEN/ALN/ASN pupils by logging their journeys on our dedicated journey logging page.



Activities

- ✔ Organise a class competition at your school. Offer the class with the most children walking, using a wheelchair, scooting and cycling to school a prize.
- ✔ Organise a breakfast club for any pupils who walk, wheel, scoot or cycle to school during Sustrans Big Walk and Wheel.

Counting journeys

- ✔ Allocate 5-10 minutes at the start of every day to record your journeys, you could use the record sheet to help with this or log the journeys straight into your account on the [Sustrans Big Walk and Wheel website](#).
- ✔ Decide if individual class teachers will be logging their class's journeys directly into the [Sustrans Big Walk and Wheel website](#), or if a champion will input them all.

Please note teachers can use the same login at the same time to log journeys.

- ✔ If a champion is inputting all classes' journeys in the [Sustrans Big Walk and Wheel website](#), consider setting up a shared-access spreadsheet to log journey data. This will make it easy for the champion to input the information into the website.



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Sustrans is the charity making it easier for people to walk and cycle. Join us on our journey. www.sustrans.org.uk

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