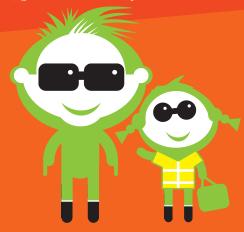
## DUNSTONE PRIMARY SCHOOL

# WALKING MAP



#### **Dunstone Primary School**

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## WALK FOR YOUR OWN HEALTH ... AND OUR PLANET'S

#### Did you know:\*

- Children need 60 minutes of exercise every day.
- Walking I mile (about 12 minutes) burns up to 100 calories.
- Short walks every day have the potential to increase productivity (at work or school) by up to 30%.
  - Travelling to school independently gives children great road safety and life skills.
    - Walking is great for the environment because it helps to cut pollution outside your child's school by reducing the number of cars outside the gate.

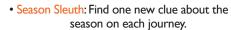
\* www.nhs.uk www.livingstreets.org.uk



Remember to HOLD HANDS. then STOP, LOOK, LISTEN, THINK

- I. Find a safe place to cross,
- 2. **Stop** just before you get to the kerb,
- 3. Look and listen in all directions for traffic,
  - 4. If traffic is coming, let it pass,
- 5. When it is safe, go straight across the road without running. Keep looking and listening while you cross.

### **USEFUL IDEAS** FOR FUN ACTIVITIES



- Place Your Bets: Guess how many times you will see a chosen item on one journey: yellow cars, red doors, sycamore trees, hats, gnomes, you choose!
- Map Reader: Mark X on a spot on your map and encourage your child to plan or lead your journey there.
- Treasure Map: Mark your map where you have hidden treasure on your journey to or from school (painted pebbles/coloured string tied to twigs).
- Detour 2 Explore: Find a nearby green space to detour to or a playground.
- Follow the Leader: Take turns leading the way to school using funny walks.
  - Pedometer: Set yourselves challenges for the day or week and see if you can beat your own Personal Bests!

• Story time: Start by saying...

"Today's walk was much the same as yesterday's walk, until a most remarkable thing happened..."

What happens next?



Pupils who are

active feel healthier

throughout the day, are

more productive learners

and they are also less

likely to be off sick.



Park and Stride means you and your child still get exercise even if you have to use the car for some of the journey. Look at the map and choose somewhere at least 5 minutes away from the school that you can safely and legally park your car, then walk the rest of the way.

Park and Stride = Less pollution near your school's gate + exercise for you and



now and then

everyone is in a hurry, but remember

the rhyme: Even if you're late, don't

park at our

gate.

Plan your bus journey using Plymouth Citybus or Stagecoach's journey planners:

www.plymouthbus.co.uk/ journey-planner www.stagecoachbus.com/plan-a-journey

Find out more about what the Plymotion team is up to, access road-safety advice, or download a cycle map www.plymouth.gov.uk/plymotion

Get inspired by reading more about national active travel campaigns at:

www.sustrans.org.uk www.livingstreets.org.uk www.modeshiftstars.org





