



Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting and cycling challenge that inspires pupils to be amazing and take active journeys to school.



## Activities

- ✓ Use the [progress tracker](#), [videos](#), [assembly presentation](#) and [downloadable poster](#) to inspire pupils to take active journeys.
- ✓ Use our [free daily resources](#) to encourage pupils to see their local area from a new perspective, learn about the benefits of getting to school actively and discover amazing journeys to school from around the world.
- ✓ Celebrate our non-uniform Amazing me day on your final day of Sustrans Big Walk and Wheel.
- ✓ 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.
- ✓ Get parents involved! Organise a parent assembly with key information on Sustrans Big Walk and Wheel, the importance of active travel and top tips on how to get their child walking, wheeling, scooting and cycling to school.



## Bikes and scooters

- ✓ Expect lots more than usual! You may need to create a safe area to store them.
- ✓ Provide each class with hooks or tables to store bags and helmets.



## Include everyone

- ✓ The [Ways to take part in the challenge](#) pdf shows the different ways children with barriers to participation can take part.
- ✓ For tips on including everyone see [Big Walk and Wheel for everyone](#) guide. You could also speak to your local Sustrans Schools Officer.
- ✓ Involve all pupils in the Amazing me non-uniform day. If you would like to fundraise for Sustrans on the Amazing me day, see the [fundraising guide](#) for more information.



## 123 456 Counting journeys

- ✓ Nominate someone to be your school walking, wheeling, scooting and cycling champion, responsible for ensuring all classes know they need to collect daily counts. Email teachers the class record sheet, which can be found on your homepage.
- ✓ Sustrans Big Walk and Wheel is an active travel to school challenge. Some children have particular barriers to participation and can be involved in different ways, including other active journeys and physical activities. Make sure all teachers are aware these extra ways of taking part only apply for children with specific barriers to participation by sharing the [Ways to take part in the challenge](#) pdf.
- ✓ Decide if individual class teachers will be logging their class's journeys directly into the [Big Walk and Wheel website](#), or if a champion will input them all. Teachers can use the same login at the same time to help you log journeys before the 9am deadline.
- ✓ If a champion is inputting all classes' journeys in the 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.
- ✓ Enter journeys onto the [Big Walk and Wheel website](#) before 9am the following school day. Then they'll appear on the daily leaderboards, and you'll be in with a chance of winning a daily prize.
- ✓ Allocate 5–10 minutes at the start of every day to record your journeys. Once one class in your school has entered journeys on a specific day of the challenge, all other classes must also log their journeys by the 9am deadline. It's not possible to add journeys at the end of the challenge once some journeys have been logged.
- ✓ Nominate a reserve champion. And share your school's login details with the school office in case your champion is away, ill or too busy.

## Get ready

- ✓ Share the [information sheet](#) with school staff to make them aware of Sustrans Big Walk and Wheel.
- ✓ Use our step by step [4-week guide](#) to help you get ready for Sustrans Big Walk and Wheel.


## Promoting the challenge

- ✓ Visit our [Big Walk and Wheel resources](#) page to find resources to help you with promotion.
- ✓ Use our [letter template](#) to let parents know that your school is taking part.
- ✓ Use our [Big Walk and Wheel presentation](#) to inspire pupils.
- ✓ Hang [Big Walk and Wheel posters](#) around your school to remind them that the challenge is happening.
- ✓ Compete with neighbouring or cluster schools during the challenge using [Big Walk and Wheel leaderboards](#). Use our [email templates](#) to challenge cluster schools to join Sustrans Big Walk and Wheel and create local competition.
- ✓ Use our [email templates](#), social media and text message to remind everyone that you're taking part.
- ✓ Use our [school press template](#) to spread the news that your school is taking part to the wider community.

[www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk)

[www.sustrans.org.uk](http://www.sustrans.org.uk)

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Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans January 2022