



October Walk to School Month

Walk and Bike to School All Year Long

Many schools use Walk to School events to launch walking and biking as ongoing activities. Here are some ideas to keep the momentum going all year long.

Walking School Bus or Bike Train

A Walking School Bus or Bike Train is a group of children led by adult escorts who walk or bike to school together. Starting with the children living farthest from the school, the group will pick up children along the route as it moves. After school, one or more parents will be at the school to lead the group home. Because of the equipment involved and the potential need to ride on a road, planning and conducting a bicycle train is more involved than having a walking school bus. Most schools start with a Walking School Bus, and build up to organizing a Bike Train.



Weekly Walk and Bike Day

Some schools choose a particular day of the week to promote walking and biking to school. For example, some schools have a “Walk and Roll Wednesdays” or “On your Feet Fridays” program.

Walk at School during the School Day

Students can walk around the school track, along a designated walking course set-up on school grounds, or even just around the school site. This can happen before or after school, during recess or lunch, or during physical education or health class.

After-school Walking or Biking Clubs

Starting an after-school walking or biking club is a fun way for students and staff to be active by walking or biking around the schoolyard or in the community. It can be conducted by individual teachers or volunteers after school, and will probably need formal parent permission. The initial meetings of the club should involve teaching pedestrian and bike safety. For hands-on bike safety instruction, contact the American League of Bicyclists to inquire about having a League Certified Instructor (LCI) come and provide bike safety training to the students at www.bikeleague.org.

Competitions among Classrooms

Offer prizes to classrooms with the most number of students who use green ways to get to school (walk, bike, bus, or carpool) during a set period of time (week or month). Schools can use a punch-card or token system for students to keep track of the number of walking or biking trips they take to and from school. Students can track their alternative transportation miles and carbon dioxide savings online, as well as start a “team” at www.saveagallon.org.

One popular competition is the “Golden Sneaker Award”. Students who use a green way to school receive a hand stamp, and teachers take a count of the number of “hand-stamped” students in their classes. A chart can be displayed in a common area of the school with the number of students per class who participate (1 sticker for every 5 students). The class with the most number of students wins the Golden Sneaker Award and gets to display their award throughout the month. Find out more at Marin County’s Safe Routes to School website:

<http://www.saferoutestoschools.org/download.html>



Incorporating Walking and Biking into the Classroom

Art, Computer Class - Create posters or images promoting *Walk and Bike to School Day* and safe driving, walking, and biking messages.

Geography - Survey and create maps of walking routes to school.

Health - Measure walking or biking time accumulated by students; study health benefits of physical activity. Use pedometers to measure steps.

Physical education - Have students do physical conditioning. Learn walking warm-ups, and stretches and do some progressively longer walks in class to prepare for *Walk to School Day*.

Mathematics - Keep logs of walking time or steps; calculate speeds and distances, individual and group averages, trends and statistical analyses.

Physics - Study the biomechanics of walking. For example, measure stride Lengths; do they vary with height, weight, age, or leg length? How does walking speed depend on step speed and stride length?

Biology - Look for plant or animal species, or inventory native plant species along walking routes. Catalogue seasonal changes in the flora and fauna.

English - Write press releases and public service announcements to promote *Walk to School Day*. Write essays or keep a diary about walking and biking experiences.

History - Walk to historical locations in the community and study their significance.

Social Sciences - Photograph important things about the community observed while walking or biking to school. Is there anything that could be changed? What can be done about it?



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