

Walk to School 2019

Teacher booklet

7 October to 1 November 2019



Walk, ride or scoot and build healthy habits for life.

Official community partner:



Get ready, get set for Walk to School 2019!

This handbook provides you with lesson plans and all the tips you need to help you get involved in Walk to School.

We've also included creative and interactive lesson plans to help teach and inspire your students to understand the benefits of being healthy and active.

The Walk to School program is also supported by a selection of classroom resources, which your school can order or download from the Walk to School website: www.walktoschool.vic.gov.au

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Introduction

Every October, VicHealth's Walk to School program encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help kids learn healthy habits and achieve the recommended 60 minutes of physical activity every day. It also encourages primary schools, local councils and communities to make active travel easy, safe and accessible.

Walk to School has developed this handbook to give primary school teachers and their students fun and interactive ideas to help them get involved in the program.

Build healthy habits for life

Walking, riding or scooting to and from school instead of driving is great for our health, environment and community. Along with the health benefits, it also reduces traffic congestion, saves on parking, helps us to connect with family and friends and even reduces air pollution.

Last October, more than 147,000 kids took part in Walk to School across the state, walking the equivalent of two return trips to the moon.

We know school involvement is key to making Walk to School a success, with the vast majority of kids taking part through their school, so with your help we can make 2019 our biggest and best year yet!

Win prizes for your school



By participating, your school has a chance to win some great prizes!

For more information about the Walk to School prizes, visit www.walktoschool.vic.gov.au



Getting started



Walk to School is a free, easy and fun way for primary school kids and their families to get active this October.

What's new in 2019

- You no longer need to register on the Walk to School website.
- You can access all of the Walk to School resources directly on our website at www.walktoschool.vic.gov.au
- We have 71 funded Victorian Councils to support schools across the state take part in Walk to School. Before you start planning, make sure you contact your local council to find out how they are supporting Walk to School in your community and how they can help you.

Bring Walk to School to your class

1. Pick a suitable lesson plan for your year level from this handbook, you can find these on pages 8–12.
2. Organise some group walks around the oval or school grounds, this could be a daily walk, weekly walk or a once off walk so that every student can get involved with Walk to School.
3. Invite students to deck out their shoes, bike or scooter to make their journey to school even more fun. You could decorate items in the class or host a parade where students and teachers could show their creative designs.
4. Update your classroom calendar, this is a great way to encourage kids to walk, ride and scoot to school.
5. Find free shoe, bike and scooter colouring templates on the Walk to School website that you can print for students to colour in class.



Newsletter copy for parents and carers

We've created a sample newsletter article or email you can send parents and carers in your community to let them know about Walk to School 2019.

Get ready, get set for Walk to School 2019!

(Insert school name) has joined the hundreds of primary schools across Victoria for a fun month of walking, riding and scooting to and from school. By participating, we have a chance to win some great prizes!

In 2019, we will be encouraging our entire school to walk, ride and scoot to school. If your child can't walk, ride or scoot to school, there are heaps of ways they can still get involved in the fun.

Parents can drop off their children a few blocks from the entrance to the school and walk the rest of the way or helping their kids to meet up with friends before school to walk around the oval.

Kids are healthier and happier when they're active every day. Walking kids to school is a great opportunity to get them active and build their confidence and life skills. It's also a chance for everyone to spend some quality family time together.

About Walk to School

Every October, VicHealth's Walk to School encourages Victorian primary school kids and their families to walk, ride or scoot to and from school every day.

Studies show that it takes 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

Along with the health benefits, it also reduces traffic congestion, saves on parking, helps us connect with family and friends and saves the environment!

Part way is okay! If you can't walk the whole way, why not try parking the car a few blocks from your school and walk, ride or scoot the rest.

Find out more about Walk to School by visiting www.walktoschool.vic.gov.au

Classroom resources

Lesson plans

We've compiled suggested lesson plans to assist you with teaching the importance of Walk to School to students across various year levels.



Classroom calendars

The [Walk to School website](#) has additional resources for your class including the classroom calendar, which allows your students to track and log their walks, rides or scoots. You can order these online for a small cost, or ask your local council to help you organise a bulk order for your entire school.

We've found that classes that regularly update their classroom calendars helps their students to stay motivated throughout the program to walk, ride and scoot to school.



Foundation to Year 2

Lesson plan

Eye spy – Let's go for a walk

Younger kids will benefit from learning how walking can be fun and showing them how they can combine physical activity with creativity. Take your students on a walking tour inside the school grounds and complete the worksheet.

Once you are back in the classroom ask your students to pick their favourite thing they saw on your walk and draw it. You can also use our design templates on the Walk to School website to help your kids get creative.

Take it further


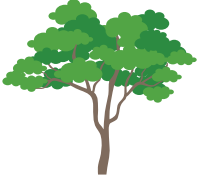



Every day ask different students to share one fun thing they saw on their walk, ride or scoot to or from school.



Walk to School worksheet

Foundation to Year 2

Name Class

| | |
|---|---|
| <p>1. I've seen a bird</p> <p>What colour is the bird?</p> |  |
| <p>2. I've seen a tree</p> <p>What colour are the leaves?</p> |  |
| <p>3. I've seen a flower</p> <p>What colour is the flower?</p> |  |
| <p>4. I've seen the sun</p> <p>What colour is the sun?</p> |  |
| <p>5. I've seen the sky</p> <p>What colour is the sky?</p> |  |
| <p>6. I've seen a...</p> <p>What colour was the...</p> | |
| <p>7. I've seen a...</p> <p>What colour was the...</p> | |

Year 3 and 4

Lesson plan

3-legged scavenger hunt – Let's get active together

We want to encourage kids to build their social connections and learn how physical activity is fun when they do it together.

Ask your students to find a partner and using a ribbon, tie one of their legs to one of their partner's legs in order that they have 'three legs.' Then take your students on a walking tour inside the school grounds where they can find some treasures from around the school ground to take back to the classroom. This could be feathers, leaves or flowers. Remind them that each time they walk they can find lots of wonderful things.

Kids can use their items for inspiration to colour in our free shoe, bike and scooter templates available on the Walk to School website.

Take it further

Encourage your students to talk to their friends and family as they walk, ride or scoot to school and ask them to share some interesting things they have talked about in class.



Walk to School worksheet

Year 3 and 4

Name

Class

Before going for a 3-legged walk, write down 3 questions you want to ask your partner.

1. _____
2. _____
3. _____

Write some questions you could ask your friends and family if you walk to school together.

1. _____
2. _____
3. _____
4. _____
5. _____

After your walk answer these questions:

1. How did it feel walking with three legs?

2. What did you find out about your partner that you didn't know before?

3. What were some of the exciting things you saw on your walk?

4. Did you find something at your school that you haven't seen before?

5. What items did you find on your scavenger hunt?

Year 5 and 6

Lesson plan

Time capsule – Let's build healthy habits for life!

Years 5 and 6 students are starting to build important habits to carry with them into high school and beyond. To show how important physical activity is, ask your students to complete the first worksheet below on the first day of the Walk to School program and put them into a time capsule. Then throughout the Walk to School month, teach them about the benefits of being active and ask them to draw on examples in their own world (facts listed below). On the last day ask students to complete the second worksheet and open the time capsule to compare their answers.

Take it further

Ask your students to use their two worksheets to write a short story about what they learnt from Walk to School.

Benefits of active travel to school

Fact 1:

The proportion of Victorian children walking to school has declined dramatically in recent decades. In the 1970s, almost 50% of Victorian children were regularly walking to school, which has reduced to only 20% in 2011¹.

Activity – week 1:

Ask your students to talk to an older adult (e.g. their parents, carers or grandparents) to see how they got to and from school when they were kids and why. During the week ask different students to share their family's stories and compare with how they travel to school.

Fact 2:

National guidelines recommend that children aged 5–12 take part in at least 60 minutes of moderate to vigorous physical activity (e.g. fast walking, riding a bike and scooting) every day².

Activity – week 2:

Ask your students to draw ways they are active during the day e.g. sport, travel to school, playground activities, PE, stairs in house etc. Ask students to share with the class some of the interesting ways they are active that doesn't involve playing a sport. Then ask them to try one new non-sports based activity that they want to try and check in with them later in the week to see how they liked the new activity.

¹ Australian Bureau of Statistics 1975, *Journey to work and journey to school*, August 1974. Canberra, ABS; Australian Bureau of Statistics 2013b, *Australian Health Survey: physical activity 2011–12*. Australian Bureau of Statistics, Canberra.

² Department of Health and Ageing 2004, *Australia's physical activity recommendations for 5–12 year olds*, Department of Health and Ageing, Canberra.

Walk to School worksheet 1

Year 5 and 6

Name

Class

First day of walk to school

Complete these questions:

Sport

1. How many times a week do you play sport?

.....

2. How does playing sport make you feel (happy, tired, excited etc.)?

.....

3. Why do you like playing sport (friendships, being in the water, playing in a team etc.)?

.....

Walk, ride and scoot to and from school

1. How many times a week do you walk, ride or scoot to and from school?

.....

2. How does walking, riding or scooting make you feel (happy, tired, excited etc.)?

.....

3. Why do you like walking, riding or scooting to school (friendships, being active, share stories etc.)

.....

4. What do you talk or think about on the way? (what happened today, what's outside etc.)

.....

Driving to school

1. How many times a week do you get driven to school?

.....

2. How does being driven make you feel (happy, tired, excited etc.)?

.....

3. What do you talk or think about on the way? (what happened today, what's outside etc.)

.....

Walk to School worksheet 2

Year 5 and 6

Name

Class

Last day of walk to school

Complete these questions:

Sport

1. How many times a week do you play sport?

2. How does playing sport make you feel (happy, tired, excited etc.)?

3. Why do you like playing sport (friendships, being in the water, playing in a team etc.)?

Walk, ride and scoot to and from school

1. How many times a week do you walk, ride or scoot to and from school?

2. How does walking, riding or scooting make you feel (happy, tired, excited etc.)?

3. Why do you like walking, riding or scooting to school (friendships, being active, share stories etc.)

4. What do you talk or think about on the way? (what happened today, what's outside etc.)

Driving to school

1. How many times a week do you get driven to school?

2. How does being driven make you feel (happy, tired, excited etc.)?

3. What do you talk or think about on the way? (what happened today, what's outside etc.)

What did you learn?

1. Looking back over the last month, do you think walking, riding or scooting to and from school has helped you?

2. If you walked to school, did you learn anything new from your friends and family?

3. When you get to school in the morning, do you feel any different after walking instead of driving?

4. How do you feel you have helped your class with their walk to school tally?

5. Will you try to walk, ride or scoot to school more often?

6. Now compare your answers to your ones in the time capsule. Has anything changed?



Useful resources

For all resources linked to the Walk to School program please visit the website: www.walktoschool.vic.gov.au

About VicHealth

A world first health promotion foundation, VicHealth focuses on promoting good health and preventing chronic disease.

We work with partners to discover, implement and share solutions to the health problems facing Victorians. We seek a Victoria where everyone enjoys better health and wellbeing.

VicHealth is the champion of health for all Victorians. We work to keep people healthy, happy and well – preventing chronic disease and keeping people out of the medical system.

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