

Walk to School 2018

Teacher booklet

8 October to 2 November 2018



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

Official community partner:



Official corporate partner:



Get ready, get set for Walk to School 2018!

Introduction	4
Included in this handbook	5
Message from Walk to School ambassadors, Dyson Heppell and Moana Hope	6
Getting started	7
Checklist for getting started	
Next steps	
Classroom resources	11
Lesson plans	
Worksheets	
Templates and examples	
Entering your results on the Walk to School website	23
How to submit results	
How to win prizes for your school	



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 140,000 kids and more than 750 schools 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 2018 our biggest and best year yet!

Win prizes for your school



By participating, your school has a chance to win some great prizes! Schools with the highest participation levels are eligible, so every time your students walk, ride or scoot to and from school during October, they increase your school's chance of winning!

To find out more about prizes visit the Walk to School website: www.walktoschool.vic.gov.au



Included in this handbook

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

This year, we're combining creativity with physical activity and encouraging kids to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun.

This handbook includes fun and interactive ideas to help you encourage your students to get involved and decorate their shoes, bikes or scooters. Plus we've provided you with information 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

This year, we're combining creativity with physical activity and encouraging kids to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun.

This handbook includes:

Getting started

- Checklist for getting started
- Options for decorating shoes
- Newsletter/information for parents and carers

Classroom resources

- Lesson plans
- Worksheets
- Design templates for shoes, bikes and scooters
- Design examples

Message from Walk to School Ambassadors



Moana Hope, AFLW Player and Walk to School ambassador

I'm really excited to be an ambassador for VicHealth's Walk to School program this year!

I learnt the importance of being an active kid and loved walking to and from school. These habits are helping me as a footy player and they can help you too.

Did you know that walking, riding or scooting to and from school every day instead of driving is great for our health, the environment and community? Plus when you deck out your shoes, bikes and scooters you can show your creative flare.

If you can't commit to permanent decorations, check out the awesome ideas within this booklet that can easily be removed.

There's also some great prizes available for you and your school just for taking part – so join in the fun because getting active is even more fun when we do it together!

Happy walking, riding and scooting!



Dyson Heppell, AFL Player and Walk to School ambassador

I'm stoked to be an ambassador for VicHealth's Walk to School program for 2018!

Did you know that walking, riding or scooting to and from school every day helps you get some of the physical activity you need to be healthy? Plus you can spend more time with friends and family while you all benefit from getting active.

Join me and decorate your shoes, bikes or scooters as part of this year's Walk to School program and make your walk, ride or scoot to school even more fun! You can even deck out your shoes to be the same colours as your footy team!

There are some great prizes available for you and your school just for taking part – so what are you waiting for?

Happy walking,
riding and scooting!

Getting started



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

This year, we're combining creativity with physical activity and encouraging kids to put their best foot forward by decorating their shoes, bikes or scooters to make Walk to School even more fun.

Checklist for getting started

Should already be completed:

- ✓ School registered? If not, register your school at www.walktoschool.vic.gov.au
- ✓ Ordered free classroom resources? If not, order them from your school portal at www.walktoschool.vic.gov.au

First things first:

1. Check with your Principal how your students can be involved. Ask whether your students can:
 - Wear decorated casual shoes for the entire Walk to School Month
 - Wear decorated casual shoes for one day of each week
 - Wear decorated casual shoes for one day of the month
 - Wear removable decorations on their shoes, bikes or scooters to and from school, but change into their school shoes during class time.
2. Based on your school Principal's decision, inform your parents and carers and let them know there are many ways their kids can be involved including:
 - Bring an old pair of shoes to decorate

- Buy a new pair of shoes to decorate — some stores carry basic trainers for approximately \$3.50 each
 - Create removable decorations to add to their shoes, bike or scooter
 - Participate by walking, riding or scooting to and from school.
3. Based on your Principal's and parents/carers choice, you can collect classroom art supplies that can be used to decorate shoes, bikes and scooters. If your class is unable to decorate their shoes, bikes or scooters you can still use our suggested lesson plan to promote active travel.

Option one: Objects that can be easily added and removed

- Ribbons
- Pipe cleaners
- Coloured shoelaces

Option two: Objects that are more permanent options

- Paint/paintbrushes
- Textas
- Glue
- Glitter
- Stickers

Now let's get started:

4. Pick a suitable lesson plan for your year level
5. Copy and print out the worksheets and design templates
6. Complete the activities with your class and update your classroom calendar
7. At the end of Walk to School month, record your school's data on the Walk to School website before 16 November 2018 to ensure your school is in the running to win great prizes.

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 2018. There is a long and short version depending on your school's preference.

Long version 351 words with heading

Get ready, get set for Walk to School 2018!

(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! We'll be logging our students' activity so every time our local families walk, ride or scoot to and from school during October, you increase our school's chance of winning!

In 2018, we're encouraging our kids to decorate their shoes, bikes or scooters to make Walk to School even more fun. Teachers will be providing ideas and resources for kids to decorate their shoes, bike or scooters. Our school will (insert option, from point 1 above). Creating decorations and learning about the benefits of physical activity will be incorporated into a classroom activity to teach students valuable lessons about building healthy habits for life.

You can decide how your kids will take part in Walk to School—they can:

- Bring an old pair of shoes to decorate
- Buy a new pair of shoes to decorate—some stores carry basic trainers for approximately \$3.50 each
- Create removable decorations to add to their shoes, bike or scooter

By sharing your kids' designs (videos or photos) on the Walk to School [Facebook page](#) and tagging @WalktoSchool with the hashtag #walktoschool, they could win some great individual prizes.

Kids can also take part in Walk to School without decorating their shoes, bike or scooter—just by being active as they travel to and from school.

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.

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



Short version

258 words with heading

Get ready, get set for Walk to School 2018!

(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! We'll be logging our students' activity so every time our local families walk, ride or scoot to and from school during October, you increase our school's chance of winning!

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Classroom resources

Getting involved in Walk to School extends beyond adding paint or pipe cleaners to shoes. It's about combining physical activity with creativity to teach kids that getting active can be fun and to help them build healthy habits for life.



Lesson plans

We've compiled suggested lesson plans to help 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 or your class including the classroom calendar, which allows your students to track and log their walks, rides or scoots. Make sure you check with your school's Walk to School coordinator to ensure these resources have been ordered and encourage your students to update the classroom calendar throughout Walk to School month (8 October to 2 November).



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 use the colours and shapes as the base for decorating their shoes, bike or scooter.

We have provided a design template on page 19 and some designs from previous years on page 22 to help spark creativity.

Take it further


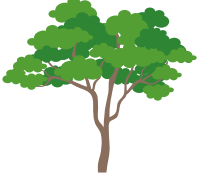



Every day ask different students to share one fun thing they saw on their walk, ride or scoot to or from school.



Walk to School worksheet

Foundation to Year 2

Name Class

<p>1. I've seen a bird What colour is the bird?</p>	
<p>2. I've seen a tree What colour are the leaves?</p>	
<p>3. I've seen a flower What colour is the flower?</p>	
<p>4. I've seen the sun What colour is the sun?</p>	
<p>5. I've seen the sky? What colour is the sky?</p>	
<p>6. I've seen a... What colour was the...</p>	
<p>7. I've seen a... 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 have to work together to find some objects for inspiration for their shoe, bike and scooter decorations. This could be leaves, feathers, flowers or anything.

Using the worksheet, ask them to complete the questions and use the treasures they found as inspiration or to decorate their shoes. We want to show kids that walking in a pair or group can be so much fun that it doesn't feel like exercise.

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. _____

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?

Think of some ways you can use your treasures to decorate your shoes and write your ideas in the boxes below. Some ideas could be to use your treasure as a stencil, a stamp or a paint brush or to draw the object on your shoe.

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

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

Year 5 and 6

Lesson plan

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

Year 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 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 to their 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?

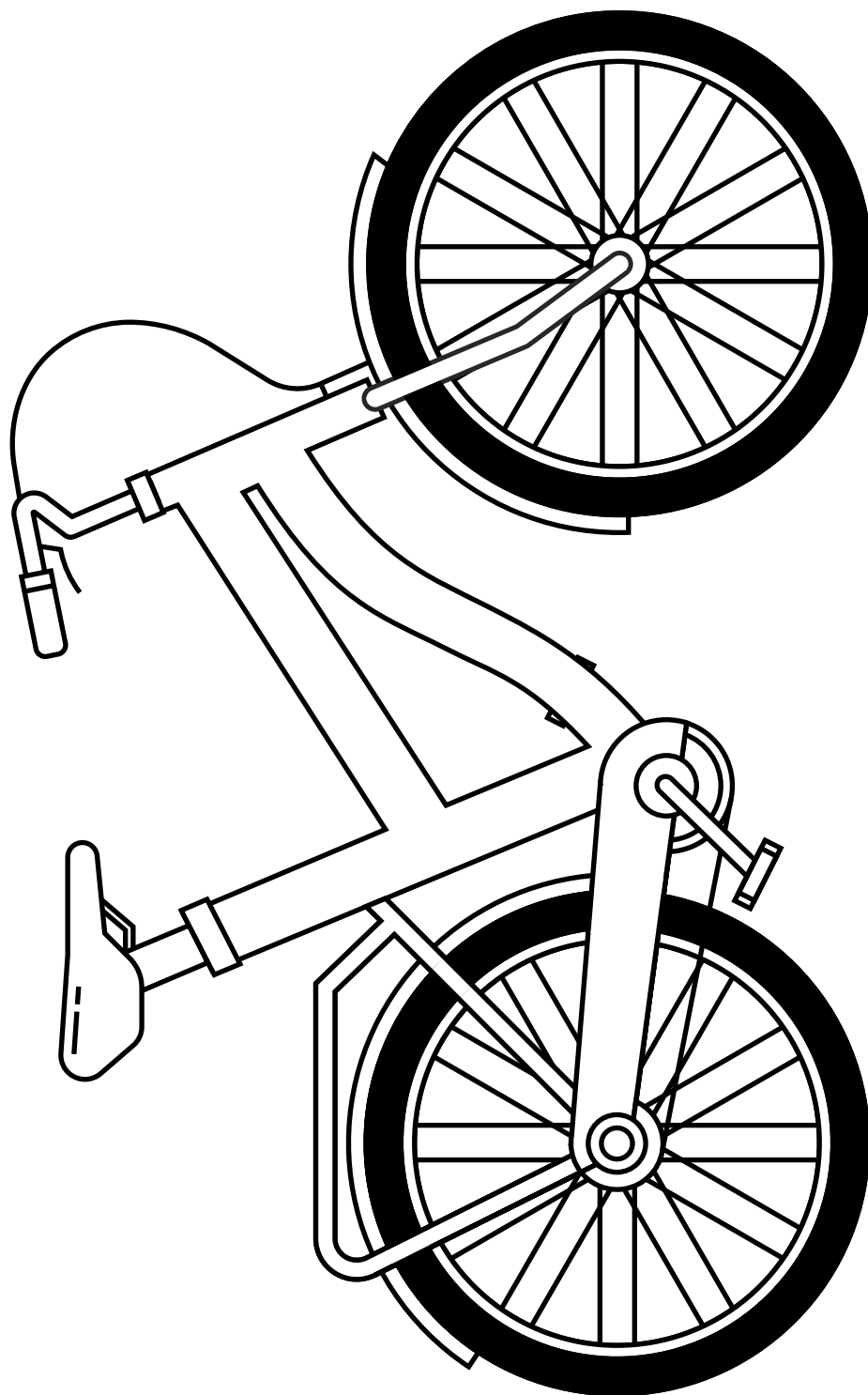
4. How do you feel you have helped your class with their walk to school tally?

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?

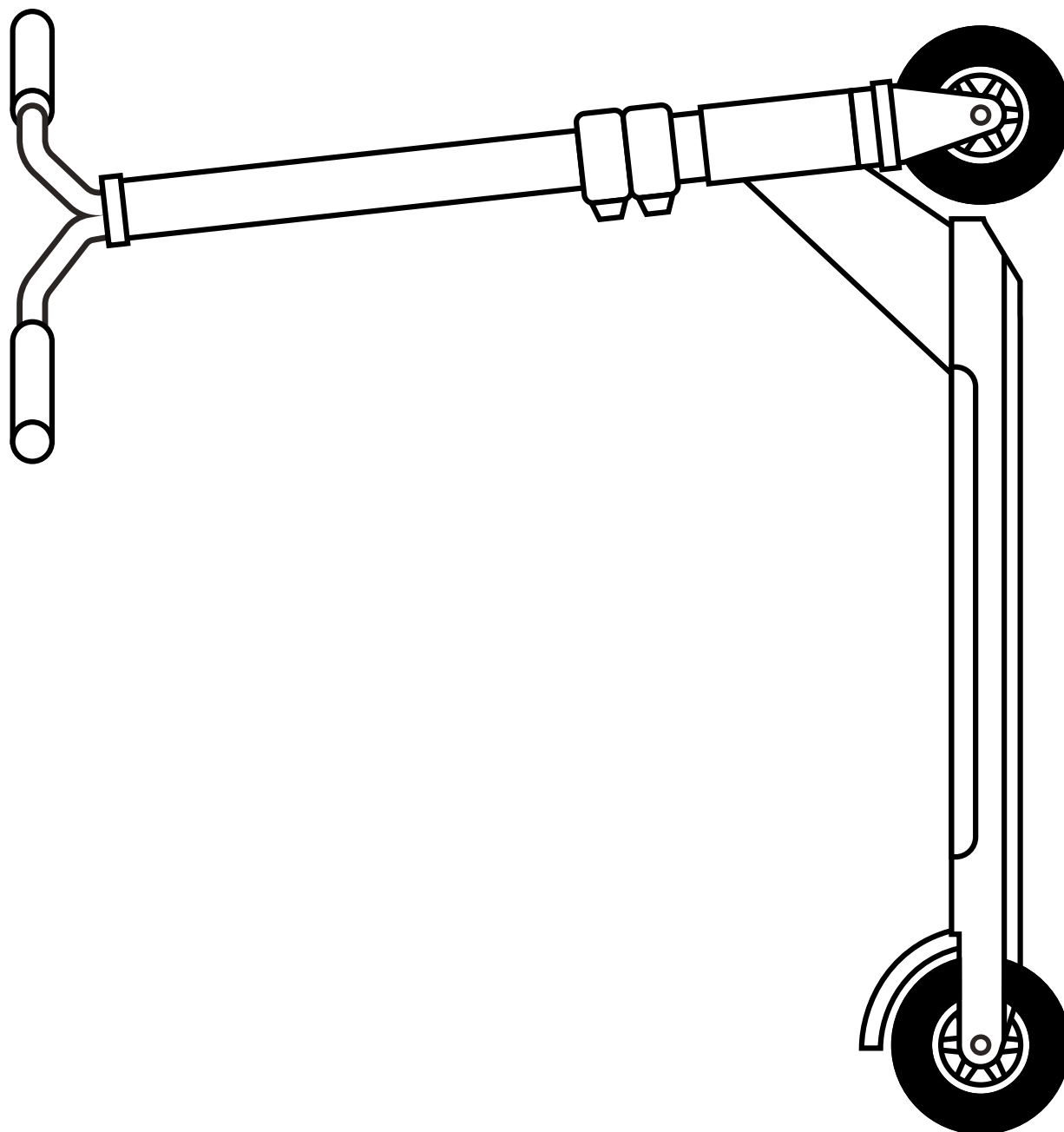
Design templates

Please ask your students to practice their designs on the following templates.



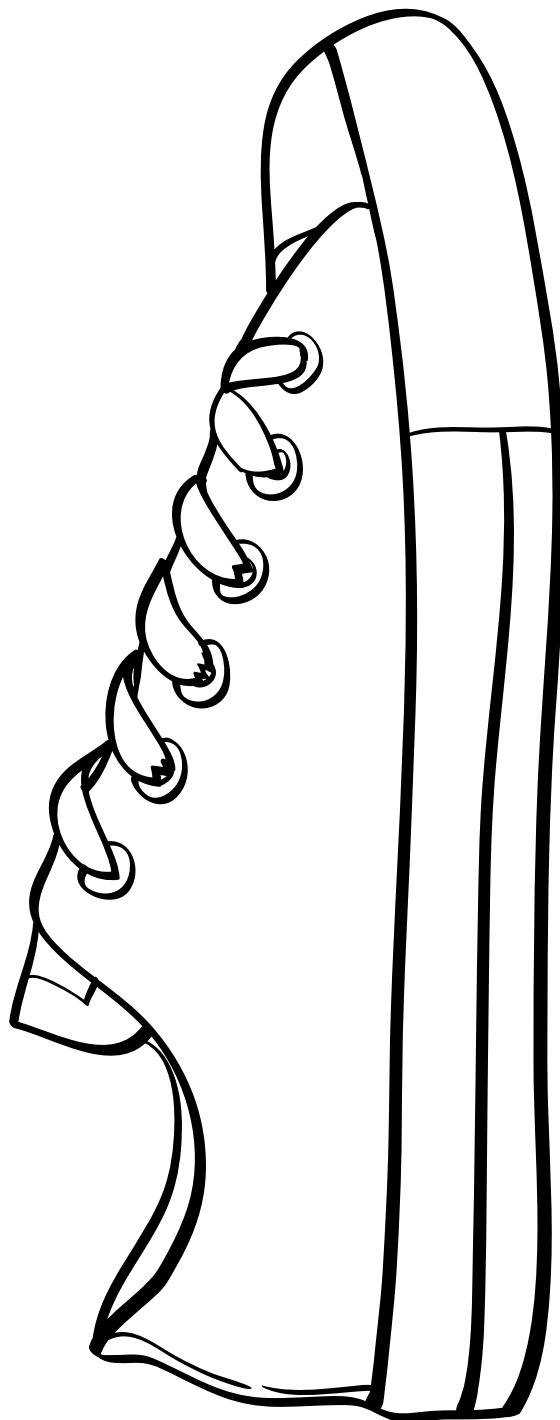
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Design templates

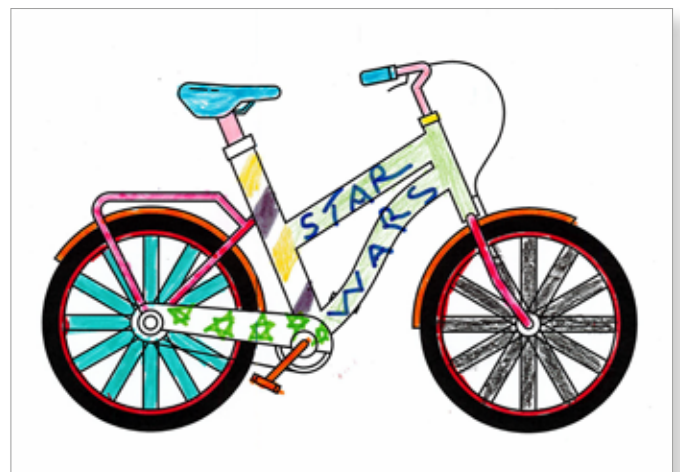
Please ask your students to practice their designs on the following templates.



Here are some design ideas to get you started!

Remember if your students are adding any decorations to their shoes, bike or scooter make sure that it is safe, and they will not trip over them, they will not get caught in the wheels and they will not fall off.

Make sure you check with parents and carers about how their kids will be taking part in this program—some may be using new shoes, old shoes, designing removable decorations or not participating at all.



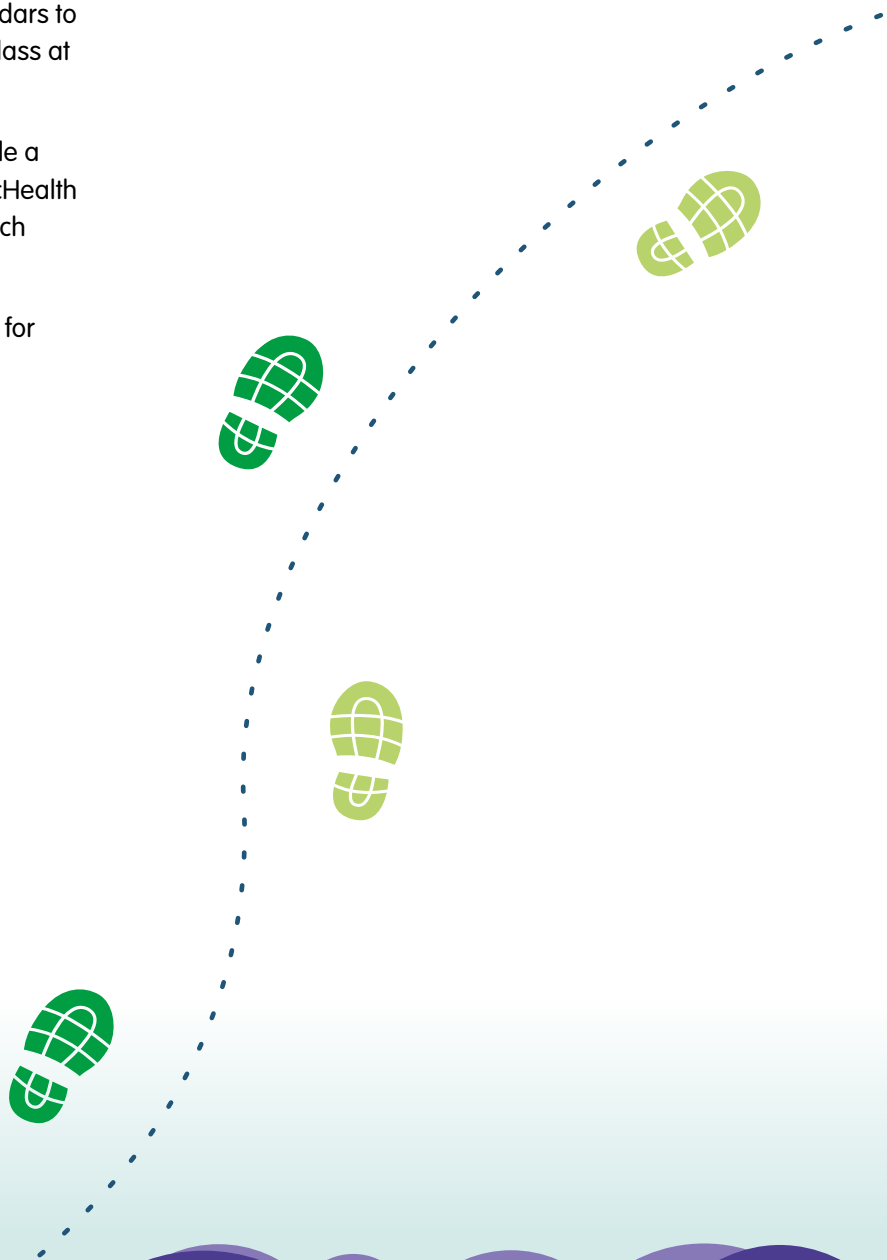
Enter your school results before 16 November!

By participating your school has a chance to win some great prizes! Schools with the highest participation levels are eligible so every time your students walk, ride or scoot to and from school during October, they increase your school's chance of winning!

Throughout the month use the classroom calendars to record your students' travel. It's a bright and fun way for students to get involved. You can also use the calendars to help reward students or celebrate the most active class at school assembly.

At the end of the month, use the calendars to provide a summary of data on the [Walk to School website](#). VicHealth will then give prizes to the most active schools in each education region.

Remember, submit your report before 16 November for your school's chance to win great prizes!



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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