

## TRAVEL TO

# St Oswalds CofE Primary School



## Schools GoSmarter

Schools Go Smarter encourages school children, their parents and carers, and schools to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling, scooting and using public transport, you can help to keep yourself healthier and fitter, as well as making your journeys to school kinder to the environment.



## Public Transport

If you take the bus, train, ferry or Metro, instead of getting a lift in the car, you're helping to make it safer around the school gates where parking is restricted.

Using public transport is great for the environment too! Fewer cars on the road means that there's less pollution and congestion.

You can probably get to school more quickly too!



## Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier.

It's suitable for people of all ages and fitness levels so why not encourage your parents or carers to walk with you?

Walking to school is a great way to start the day. And, you'll have more time to chat with your friends before you arrive at school!

### 20 minutes of exercise each day can make you healthier!

It's easy to fit walking into your day routine, even if you live more than a mile from school. Why not try:

- Getting off the bus one or two stops earlier than you need to?
- Parking the car a little further away and continue on foot?

## Cycling and scooting

Riding your bike or scooter to school is one of the easiest ways to get some daily exercise.

With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

### Exercising in the morning can help you feel happier and concentrate more!

Plan your ride to school with your local cycle map. Get yours from [gosmarter.co.uk/cycle-maps](http://gosmarter.co.uk/cycle-maps)



It takes around 20 minutes to walk a mile

On average, it takes about ten minutes to walk 1,000 steps



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