

Why is it good to walk to school?

Walking is an easy, fun and healthy activity that kids and families can do every day!

It's also great fun to join up with friends along the way on your journey to school, so why not ask a few friends to walk together and start making it part of your daily routine?

There are so many benefits to walking to school but remember to stay safe and set a good example to your children.

Online resources are available at the following links to help you teach your child about staying safe whilst walking to school and have fun along the way!



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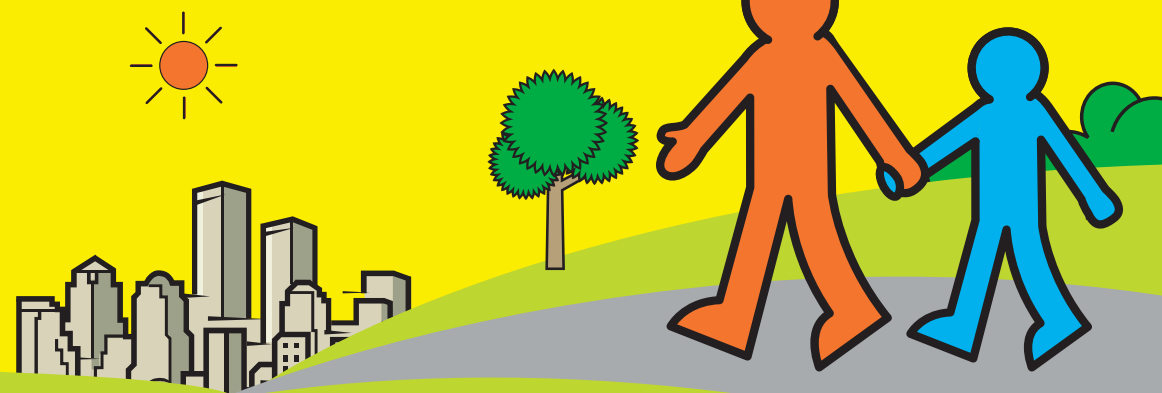


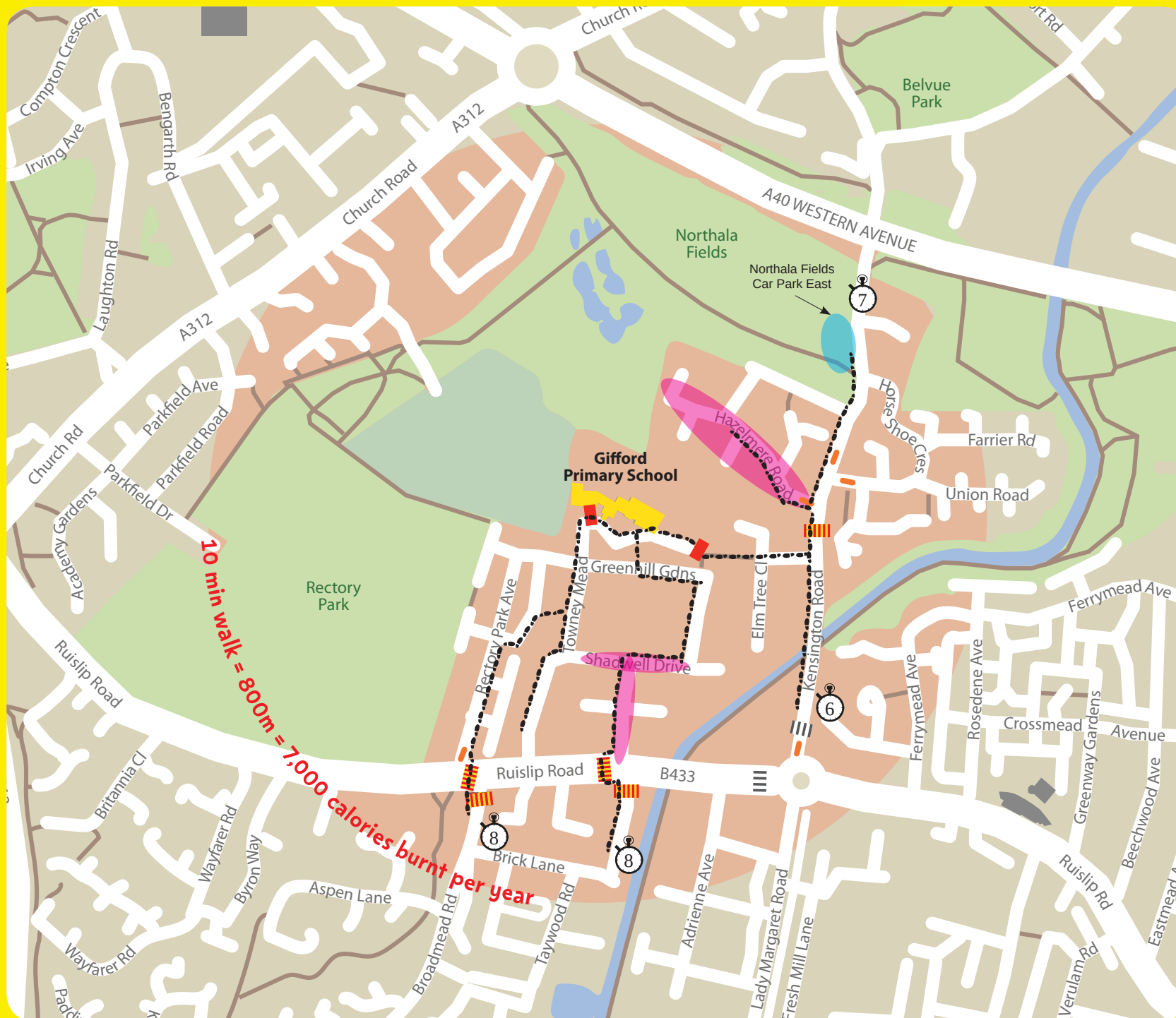
If you'd like to find out more information email:
sta@ealing.gov.uk

gifford primary school



Walking to your school





Plan your walk to school with your child!

Walking to school is a great way to engage with your child and teach them about crossing the roads safely along your journey.

Walking to school with your child counts towards the recommended daily target of at least 180 minutes of physical activity for children under 5 years old, or a minimum of 60 minutes of moderate activity for 5 to 18 year olds!

Walking is the most popular way parents travel and you and your child can meet lots of friends from school along the way.

Please remember that any advice we have provided you has not been based on any medical check. While physical exercise is beneficial in most circumstances, we recommend that if you are concerned about the suitability of some activities or experience discomfort whilst exercising, you seek medical advice from your GP.