



STARS and the Big Walk and Wheel – Activity Booster Sheet

WHAT IS BIG WALK AND WHEEL?

Sustrans Big Walk and Wheel is the new name for Sustrans Big Pedal. The event has a new name but it still has the same aim. We want to encourage more families to travel to school actively, to help create healthier and happier communities.

Sustrans Big Walk and Wheel is the UK's largest inter-school cycling, walking, wheeling and scooting challenge that inspires pupils, staff and parents to be amazing and take active journeys to school. This year it will run for 10 days from **21 March to the 1st of April 2022** and is open to all primary and secondary schools in the UK, including SEN schools. On each day of the challenge schools compete to see who can record the greatest number of pupils walking, using a wheelchair, scooting or cycling to school. Join in to be in with a chance of winning fabulous prizes every day.

Sustrans' wants all children to join in the fun and to understand the health and wellbeing benefits of active travel. Take a look at the [list of ways to take part](#)

and download the inclusivity guides (the [Sustrans Big Walk and Wheel Inclusivity Guide](#) and the [Cycling and Scooting Inclusivity Guide](#)) to find out how all pupils can get involved.





DID YOU KNOW?



Did you know that taking part in the Big Walk and Wheel can also help count towards your STARS Accreditation? The Big Walk and Wheel itself counts as one Travel activity, but you can also run additional activities throughout the competition to help boost your level of accreditation. Simply select the STARS activity card that corresponds to the activity you're running in school, tell your story and keep working towards your next STARS accreditation.

HOW DO I GET INVOLVED?

To do this, sign into your [STARS online account](#), select the activity from the list below and click on 'Tell your story'. You can include photos, posters, newsletters, risk-assessments and other relevant documents to show how your activity was completed. You can then publish your story in the 'Stories' section to share your achievements.

See the list below for suggestions of **STARS Activity Cards** that align with The Big Walk and Wheel.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	Work with a dedicated group of pupils (e.g. <u>JTAs</u>) to help you promote the competition by creating a <u>poster</u> or piece of persuasive writing to encourage more people to use active travel. This will also have the objective to understand what is meant by active travel, and what its benefits are.	<u>Pupil involvement</u> <u>Health benefits of active travel</u>
 PROMOTION	<u>Display posters</u> , include information in school newsletters, and promote the event via social media. Get pupils involved in planning and designing promotional materials or writing <u>articles and blogs</u> , or use <u>Sustrans ready-made resources</u> . Celebrate the success afterwards through your school's newsletter and website	<u>Communicating with parents/carers</u> <u>Publicity within the local community</u>
 CYCLING	Organise a lesson to learn and correctly <u>identify the different parts</u> of a cycle. As a group discuss and identify which cycle parts might need more maintenance and why. Can the class identify certain cycle parts which should be checked before using?	<u>Bike Maintenance skills</u>
 FUNDING	If you have an activity or scheme you want to plan that requires funding, use the " <u>Amazing Me</u> " day on the last day of the Big Walk and Wheel to organise parent-led or pupils-led fundraising within your school. You could use the funds to support STARS travel activities and encourage community involvement.	<u>Other sources of funds for travel activities</u>

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 WALKING	<p>Use the Mindful Bingo lesson plan to help students explore the world around them and to look for things around that make them feel happy. Use this time to encourage your students to be more aware of and appreciate their surroundings.</p>	Other walking activity
 CURRICULUM	<p>Have a look at the Big Walk and Wheel teacher resources, which includes a different classroom activity for each day of the Big Walk and Wheel. There are some examples of how these relate to STARS activities below</p> <ul style="list-style-type: none"> • Primary School Lesson Plans • Secondary School Lesson Plans <p>How does cycling fight climate change? Recap climate change and learn about where the UK's emissions come from. Exploring how emissions can be reduced, with an emphasis on transport.</p> <p>Take the opportunity to learn how to use different mapping tools to plan routes for cycling. Use the knowledge gained to plan a route in the local area</p> <p>Ask the students which modes of transport produce the most air pollution. Share information on how much carbon dioxide is emitted by various modes of transport and discover what is causing air pollution around your school. Ask pupils to put forward their ideas on how the school community can improve air quality in their local area.</p>	Health Benefits of Active Travel Other Curriculum Activity Environmental Benefits of Active Travel Mapping exercises Air quality Competition