

Every day

Tick the box each day if you see one of these things on the way to school.



	Monday	Tuesday	Wednesday	Thursday	Friday
Red Flower					
Phone box					
Gnome					
Gate post					
Bus Stop					
Dog on a Lead					
Brick Wall					
Sold Sign					
Blackbird					
School sign					

Walk to School Month

'Count me In' – Reduce pollution and improve air quality whilst working towards your 60 minutes physical activity per day target

Activities Sheet

Name.....

Class.....

School.....

Week 1
Monday 5th to Friday 9th October

Count me!

Monday	Number of children walking to school	
Tuesday	Number of cars parked outside school	
Wednesday	Number of children cycling	
Thursday	Number of children scooting	
Friday	Number of children car sharing	

Week 2
Monday 12th to Friday 16th October

Count Me!

Monday	Heartbeats per minute before walking and when you get to school	<u>Before</u>	<u>After</u>
Tuesday	Number of steps taken to walk to school (wear a pedometer)		
Wednesday	Number of minutes taken to walk to school <i>(Remember you need to do 60 minutes of physical activity per day to keep healthy)</i>		
Thursday	Number of cars with only one person in		
Friday	Number of cars parked with their engines running		

Week 3
Monday 19th to Friday 23rd October

**Count me – are the numbers different to Week 1?
 What has improved?**

Monday	Number of children walking	
Tuesday	Number of cars parked outside school	
Wednesday	Number of children cycling	
Thursday	Number of children scooting	
Friday	Number of children car sharing	

A few interesting facts for Parents and Guardians

- Cars consume most fuel and pollute more at the start of their journey when the engine is cold, therefore, walking for short journeys will reduce the amount of CO2 emissions by a disproportionate amount. (Institute for European and Environmental Policy in 2007)
- The school run is estimated to be responsible for over two million tonnes of CO2 emitted each year (Sutton Trust) – which is more than the annual CO2 emissions of the Bahamas. (UN Millenium Indicators)
- Driving the average school run for a year costs over £400. (Figure is based on approved mileage rates from the Inland Revenue)
- Four out of 10 boys and six out of 10 girls do not do the recommended minimum of one hour a day of physical activity. (National Diet and Nutrition Survey 2000)