



## **'Power Up!' for Walk to School Month**

October 2008  
Teachers Notes for KS 1 and 2

### **Aims**

- To highlight the health benefits of regular exercise
- To make parents and pupils aware of the links between mental activity and physical activity
- To raise awareness of the opportunities for exercise which occur naturally in our every-day lives

### **Key words**

Physical, mental, exercise, power

### **Skills**

Poster design, 'power' walking, recording data, movement to music, drama, creating a character, drawing it and describing it.

### **Tasks**

Before Walk to School Month starts, why not design some posters to encourage people at your school to walk during the month? You could tell them about the physical and mental benefits of taking regular exercise in the fresh air.

1. Power Walking! Referring back to the race walking events in the Olympics, discuss how power walking differs from running (one foot must always be in contact with the ground) and experiment how fast we can walk. Why do race walkers wiggle? Try walking fast without wiggling, and with wiggling. Which is most effective (and fun!)
2. Walking time/step bank. Keep a record of how long you walk for, or if you can get pedometers, how many steps each person takes on their walk to school. Keep a class or group total. Which class or group walks for the longest/furthest?

3. We've got the power! During DPA, use music to walk to, around the school grounds, playground or in the hall if it is wet.
4. Greening the Trees (adapted from the "**Way To Go!**" school travel awareness program, Vancouver, Canada - with thanks to Bernadette Kowey, Program Co-ordinator.)

This exercise is a creative way to survey the way your pupils travel to school.

Each class should draw a large tree with branches, but no leaves. Every time a child walks or cycles the whole journey to school, they place a green leaf on the class tree. A yellow leaf is used if they walk part of the journey or come by bus and a brown leaf represents a whole journey to school by car.

Compare class trees at the end of the month. Which is the greenest? Send photos of your trees to the School Travel Plan team: [stplans@devon.gov.uk](mailto:stplans@devon.gov.uk)

5. Movement activities.
  - Play 'in the manner of the word'. Give an action (hop, jump, run, crawl, skip etc) and an adjective to describe how this should be done (slowly, happily, noisily, excitedly, boredly etc)
  - Can they mime movement in the following conditions: wind, rain, ice, mud, snow
  - Create a walking dance pattern based on STOP/LOOK/LISTEN/THINK/GO.

## Competition Time!

### **Power Up – Super Heroes!**

Create a character that will be your Walk2School Super Hero. What will they look like? What is their name? What super powers do they possess to help them walk to school?

Send your entries by email to [stplans@devon.gov.uk](mailto:stplans@devon.gov.uk) or by post to School Travel Plan Team, Lucombe House, County Hall, Topsham Rd, Exeter EX2 4QW.

Closing date: Friday October 24th 2008