

# Walking, cycling and scooting to school benefits everyone

The school journey can provide pupils with about half of the recommended amount of daily physical activity just by cycling or scooting.

Almost anyone can travel actively and unlike most sports, it requires little or no special clothing.

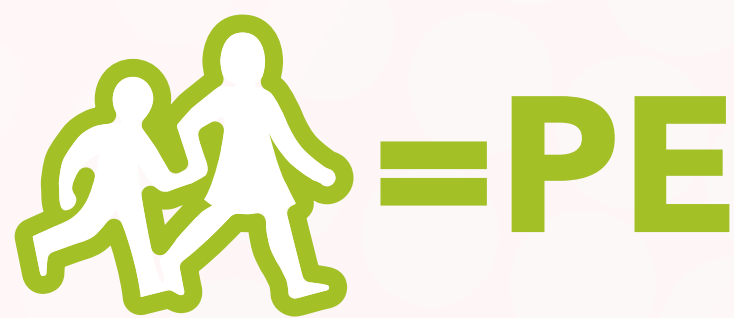
## Fitter and stronger

Physical activity in children builds much more than just fitness and coordination, it encourages healthy development and growth of the skeleton.

Almost a third of school-age children in the UK are obese or overweight but regular active journeys to school can help your pupils maintain a healthy weight.



Young people need at least one hour of moderate to vigorous physical activity every day (UK Chief Medical Officers' guidance) but 80% of school-age children in the UK do not meet this level.



Walking the average distance to school each day burns more calories over a week than two hours of PE.

## Happier and more positive

Exercise makes a real difference to pupils' wellbeing and self-esteem.

Active journeys to school can reverse the drop-off in physical activity when pupils reach their teens, avoiding the barriers that can prevent participation in other activities and sports, such as perceived lack of time, effort required and concerns about body image.



Participating in at least 15 minutes of physical activity promotes positive moods amongst children - that's only about a 1km walk to school, or a 3-5km cycle ride!



Pupils who travel to school on foot or by bike have wider social networks and are more actively engaged with their community than those who travel by car.

## Alert and motivated in the classroom

When pupils travel actively to school, it wakes up their minds and bodies: studies show measurable increases in academic performance and concentration.

You might even see an improvement in pupils' grades. A 2012 review of 14 studies concluded that participation in physical activity is positively related to academic performance in children.

## Build social skills and networks

Travelling to school independently encourages young people to take responsibility and improves their decision making, time and risk management skills.

Disengaged pupils have been transformed by involvement in a school bike or travel club, where they can discover skills and enthusiasm that aren't apparent in the classroom.



Research shows that pupils who cycle or walk to school can concentrate up to four hours longer than those who arrive by car.

Sustrans offers a range of **resources, guidance, events** and **support** to help people walk, cycle and skate to school all year round. Visit [www.sustrans.org.uk](http://www.sustrans.org.uk) for more information.

Follow us on



**sustrans**  
JOIN THE MOVEMENT



Printed with 100% renewable energy using an alcohol-free process and vegetable-based inks

Sustrans is a registered charity in the UK No. 326550 (England and Wales) SC039263 (Scotland)