

# Walk on Wednesday

## How to take part

**Walk on Wednesday should encourage pupils to walk to school at least once a week, over a half term period.**

Each class will have:

- A tree poster
- A chart to calculate the total numbers of leaves
- A worksheet to calculate the percentages of pupils that walked to school

Before you start the competition, decide what the winning class will receive as a prize eg. house points, extra play session of their choice.

- On Wednesday of each week every pupil draws a coloured leaf on their class tree.
- The colour of leaf represents how they travelled to school.
  - 🟢 Green – walk, cycle or scooter
  - 🟡 Yellow – park and stride / bus/ car share
  - 🟤 Brown – car
- Pupils can count the number of brown, yellow and green leaves each week and fill in the total on the chart.
- The tree can be started whenever the school decides, although the whole school should start during the same week.
- At the end of the 6/7 weeks, pupils can use the worksheet to calculate the percentage of pupils that walked to school.
- The class with the most green leaves – **calculated as percentages** – receives the prize.

For schools with larger catchment areas, pupils that have to travel by car due to distance can still be included in the competition, by encouraging them to park & stride. Children that walk the last 10mins of their journey can be awarded a yellow leaf. Or the school can designate a 'walking zone' – a set area from where pupils can walk from to earn a green leaf.

**Have fun!**

