

# at Uplands Junior Academy



Did you come  
a different  
way?



# What is The Big Walk and Wheel?



# What is 'Active Travel'?

Anything you use your body to power....



# Why are we taking part ?..



# Change your journey, Change your world



# When is it?

March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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# Did You Know?

**49%**

of UK school children worry  
about air pollution.

This compares to 39% of  
pupils surveyed in 2018\*



**62%**

of UK school children  
don't think adults are doing enough  
to tackle climate change\*



Last year the Sustrans Big Walk and Wheel challenge helped avoid over 1,300 tonnes of CO2 and just under 3,000 kg NOx emissions\*\*  
See below for a short video...



Sponsored by



The results  
in under 60'

Let's learn how we can help make change  
happen together!



# What do we need to do?



Walk, wheel, scoot or cycle to school as many times as you can!



Ask your teachers about the inclusivity guide if you think you have any barriers to taking part



Encourage your friends to join in too!



Remember to tell your teacher about your active journey so it can be logged and added to our total!



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# Don't forget about the prizes!

There will be fantastic prizes up for grabs on every day of the challenge. Schools that get over 15% of their pupils taking part on each day will be entered into the daily prize draw.

Prizes include accessories and equipment to help our school travel actively.

The more people we have making active journeys the better chance we have of winning a prize!



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A Frog bike is one of this year's prizes

# Let's go!



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

**[www.sustrans.org.uk](http://www.sustrans.org.uk)**

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