# Sustrans Big Walk and Wheel



## at Uplands Junior Academy









#### 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     | © Hank Calmadas Pages coms |



© 2013, J Bewley all rights reserved

#### **Did You Know?**



of UK school children worry about air pollution.

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

Sustrans

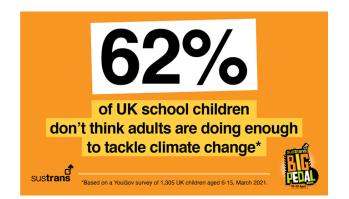
Based on a YouGov survey of 1,305 UK children aged 6-15, March 2021.

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...



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!



©2021, Kois Miah all rights reserved

#### 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!



# Uplands Junior Academy

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

