



## WALKING AND CYCLING PROGRAMS FOR SCHOOLS

Building the massive Metro Tunnel Project will cause some unavoidable surface disruption for several years. This is a short guide on cycling and walking programs for staff and students who may prefer to ride or walk to school during the construction period.

Walking and cycling events and campaigns, such as Walk to School Day and Active April, are great ways to encourage students to be more physically active when travelling to and from school. Walking and cycling to school is a valuable way for students to meet their daily physical activity needs.

Involving the whole school in a walking or cycling challenge builds student motivation and encourages participation. School participation in events, such as fun runs, can also be used as a goal to encourage more active travel to and from school.

There are lots of benefits for students participating in active travel to and from school including:

- creating positive and healthy options for fundraising,
- informal socialising to and from school, and
- encouraging families to try out active travel options and develop new travel habits.

### Walking and cycling events

There are many popular walking and cycling events that occur throughout the year. Some of these events are targeted at primary schools but can easily be adapted to a secondary school setting. These events are free to register, and to participate you will need a school coordinator and may need to purchase resources, such as pedometers.

- Premier's Active April is part of the Victorian Government's commitment to promote healthy and active lifestyles. There are a range of challenges schools can get involved in. See [activeapril.vic.gov.au](http://activeapril.vic.gov.au) for information on how you can incorporate Active April in the classroom.
- National Walk Safely to School Day is an annual event held in May when students are encouraged to walk and commute safely to school. See [walk.com.au/wstsd](http://walk.com.au/wstsd) for more details about how your school can get involved.
- VicHealth's Walk to School month is an annual, high profile community event that encourages school students across Victoria to walk, ride or scoot to and from school as often as possible during October. The program encourages regular physical activity by establishing active routines to help students achieve the recommended levels of physical activity each day. See [walktoschool.vic.gov.au](http://walktoschool.vic.gov.au) for more details.
- Walktober is an annual health promotion event that encourages people to walk more during October. Visit [walktober.org.au](http://walktober.org.au) for more information or to register a walk.



- The Active Leaders Program is a one-year school based leadership program for primary and secondary students. The program teaches students about leadership, self-awareness, confidence, taking on challenges and the importance of health and physical activity. See [bluearth.org/active-leaders-program](http://bluearth.org/active-leaders-program) for information about how your school can get involved.
  - Victoria Walks Smart Steps for Schools provides a range of educational resources for Year 7 and Year 9 social science students. See [victoriawalks.org.au/smartsteps](http://victoriawalks.org.au/smartsteps) for a collection of activities and resources to inspire more children, families and communities to walk every day.
  - Ride 2 School is a nationwide program delivered by Bicycle Network that supports schools to encourage, empower and enable students to be physically active on their way to school. There are a range of initiatives your school can get involved in, including:
    - National Ride to School Day – the perfect opportunity for every school community to embrace a healthier start to the day by riding and walking to school.
    - MIND.BODY.PEDAL – a free event for secondary schools to inspire, energise and empower girls to get active through bike riding.
    - Other Bicycle Network events for schools, such as Schools for Around the Bay and the RACV Great Vic Bike Ride
- See [bicyclenetwork.com.au](http://bicyclenetwork.com.au) for information about these initiatives.

### Develop your own school event

Students may wish to design and implement their own physical activity challenge. Existing programs and resources could be adapted to create an activity that suits your school's needs.

Some tips to get you started:

- Make student challenges team-based to build participation, motivation and support.
- Make your event inclusive by looking for ways that all students can participate. For example, a Ride to School day could become an 'Active Travel' day to include walking.
- Make changes gradually. For example, if you aim for 10,000 steps daily, set weekly targets to reach this goal over a number of weeks.
- Encourage students to be active everyday by increasing the frequency of events. Events that were once a year, such as active travel to school day, could become once a term, then once a month or even weekly.
- Use targets and goals to maintain interest and commitment, such as house points or fundraising for charity.

### Your Journey

Melbourne Metro Rail Authority (MMRA) has a team of transport advisors to help keep your school moving while major Metro Tunnel construction is underway.

For assistance in developing a Travel Action Plan for your school, please contact MMRA:

 [yourjourney@melbournemetro.vic.gov.au](mailto:yourjourney@melbournemetro.vic.gov.au)

 [metrotunnel.vic.gov.au/yourjourney](http://metrotunnel.vic.gov.au/yourjourney)

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