

# Walk to School Week

18–22 May 2026

Can we make our journeys healthier,  
happier and kinder to our streets?

walk • wheel • scoot • cycle

**Assembly question: What did you notice on your  
journey today?**



# This week's mission

A five-day challenge to move more on the way to school.

## Mission to Move

Try an active journey every day: walking, wheeling, cycling, scooting or Park and Stride.

The aim is not perfection.

**Quick think: What would make your journey feel safer or easier?**



# Why does it matter?

Small choices on the school run can make a big difference.



1

## Bodies wake up

Movement helps us arrive ready to learn.

2

## Brains feel brighter

Fresh air and talking time can help our mood.

3

## Streets breathe easier

Fewer short car journeys mean less traffic near school.

**Turn and talk: Which reason matters most to you?**

# How can everyone join in?

There is more than one way to make the journey active.

Walk

Wheel

Scoot

Cycle

Park and Stride

Even five active minutes can count.  
Start where you can.

**Class challenge: Count how many active journeys we make this week.**



# Safe, smart, kind

Good journeys look after ourselves and other people.



**STOP**

**at the kerb**

**LOOK**

**both ways**

**LISTEN**

**for traffic**

**THINK**

**before crossing**

**Kind rule: keep pavements clear and look after younger pupils.**

# Our pledge

This week, I will try to make my journey to school healthier, safer and kinder.

I can try one active journey.

I can travel safely.

I can help make our streets calmer.

**Hands up if you are ready for Mission Move!**

