

# Walk to School Week 2026



**St Patrick's**  
Catholic Primary School, Dipton

# How did you get to school this morning?



# What is Walk to School Week?

Walk to School Week is a national event which encourages adults and children to leave the car at home and take the chance to go outside and get fit by walking to school.



**Over  
300,000**

Why should we walk to school?

# Why Does Walking to School Matter?

## Healthy Habits

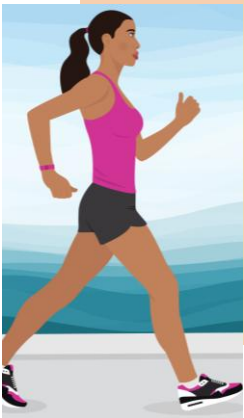


Walking to school with friends is a great way to chat about your day.

Evidence shows that children who are active on the way to school concentrate better in lessons.



Walking is excellent exercise. As we walk, our hearts beat faster, our breathing gets quicker, we warm up and we feel energised.



Daily exercise keeps us fit and healthy.



# Why Does Walking to School Matter?



## Did You Know...?

It's recommended that you carry out 60 minutes of physical activity every day. Walking to school will help towards meeting this goal!

# Why Does Walking to School Matter?

## Healthy World



less unsafe  
parking



less pollution



less cars

### Did You Know...?

There are over **10 million** children travelling to school every morning in the UK and **nearly half** of children travelling to school make that journey in a car.



# How Can I Stay Safe When Walking to School?

## The Green Cross Code



Wearing bright colours will make sure you can be seen more clearly. High visibility strips are also helpful.

# What Positive Changes Can I Make Today?

Positive changes you can make:

- Cycle or scoot to school
- Park further away and walk some of the way
- Car share or take the bus

# Walk to School Starting Points

