

WALKING MAP



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PLYMOTION
Make the connection!

Keep up to date:
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@Plymotion @plymotion

WALK FOR YOUR OWN HEALTH... AND OUR PLANET'S

Did you know: *

- Children need 60 minutes of exercise every day.
- Walking 1 mile (about 12 minutes) burns up to 100 calories.
- Short walks every day have the potential to increase productivity (at work or school) by up to 30%.
- Travelling to school independently gives children great road safety and life skills.
- Walking is great for the environment because it helps to cut pollution outside your child's school by reducing the number of cars outside the gate.

* www.nhs.uk
www.livingstreets.org.uk



Every
now and then
everyone is in a
hurry, but remember
the rhyme: **Even if
you're late, don't
park at our
gate.**



MAKE THE CONNECTION

Plan your bus journey using Plymouth
Citybus or Stagecoach's journey planners:

[www.plymouthbus.co.uk/
journey-planner](http://www.plymouthbus.co.uk/journey-planner)
www.stagecoachbus.com/plan-a-journey

Find out more about what the Plymotion team is up
to, access road-safety advice, or download a cycle map
www.plymouth.gov.uk/plymotion

Get inspired by reading more about national
active travel campaigns at:
www.sustrans.org.uk
www.livingstreets.org.uk
www.modeshiftstars.org

USEFUL IDEAS FOR FUN ACTIVITIES

- **Season Sleuth:** Find one new clue about the season on each journey.
- **Place Your Bets:** Guess how many times you will see a chosen item on one journey: yellow cars, red doors, sycamore trees, hats, gnomes, you choose!
- **Map Reader:** Mark X on a spot on your map and encourage your child to plan or lead your journey there.
- **Treasure Map:** Mark your map where you have hidden treasure on your journey to or from school (painted pebbles/coloured string tied to twigs).
- **Detour 2 Explore:** Find a nearby green space to detour to or a playground.
- **Follow the Leader:** Take turns leading the way to school using funny walks.
- **Pedometer:** Set yourselves challenges for the day or week and see if you can beat your own Personal Bests!
- **Story time:** Start by saying...
"Today's walk was much the same as yesterday's walk, until a most remarkable thing happened..."
What happens next?



STAY STREET SMART

Remember to **HOLD HANDS,**
then **STOP, LOOK, LISTEN, THINK**

1. Find a safe place to cross,
2. **Stop** just before you get to the kerb,
3. **Look** and **listen** in all directions for traffic,
4. If traffic is coming, let it pass,
5. When it is safe, go straight across the road without running. Keep looking and listening while you cross.



Pupils who are
active feel healthier
throughout the day, are
more productive learners
and they are also less
likely to be off sick.



SHOW YOU CARE, PARK ELSEWHERE!

Park and Stride means you and your child still get
exercise even if you have to use the car for some of
the journey. Look at the map and choose
somewhere at least 5 minutes away from the
school that you can safely and legally park your car,
then walk the rest of the way.
Park and Stride = Less pollution near your
school's gate + exercise for you and
your child.

