

Walk to school with Pedal



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If your school is a long way from your home and you usually go in by car or bus, don't worry, you can join in too! Ask your parent or carer to stop the car a little bit earlier and walk the rest of the way together. If you take the bus, ask if you can hop off a stop earlier.

We should try to be active for 60 minutes every day. Walking to school is a great **STEP** towards this - get it? Use this chart to work out how much exercise you do walking to school each day for a week.



Put a tick if you walked to school 
 Put a cross if you were not able to 

Day	Morning	Afternoon	Total time spent walking to or back from school	Challenge! How many more minutes do you need to do today to get your 60 minutes of exercise?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				



Remember! Make sure that you have an adult to walk with you and that you are careful near roads. 