



Sustrans Big Walk and Wheel at Little Thurrock



Headline sponsor



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What is it?

Sustrans Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling to school challenge.



Did you know the challenge is 15 years old?

Let's help celebrate by recording as many active journeys to school as we can over two weeks!



When is it?

The challenge runs from Monday 11 March-
Friday 22 March 2024

How long is it?

We can take part for all ten days of the challenge
but only the best five days will decide our final
position.



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Why are we taking part?

Travelling actively is great exercise and helps us stay healthy!

Travelling actively to school means we arrive more alert and ready to learn!

More people travelling actively to school means cleaner air, less traffic and less noise around the school.

Walking, wheeling and scooting to school is fun!

We can win prizes!

Why are we taking part?

We want to be part of something BIG!

By taking part we will learn about how changing our school journey can help us change our world for the better!



Did You Know?

49%

of UK school children worry about air pollution.

This compares to 39% of pupils surveyed in 2018*



62%

of UK school children don't think adults are doing enough to tackle climate change*



Last year the Sustrans Big Walk and Wheel challenge helped avoid just under 1,900 tonnes of CO2 and just over 3,000 kg NOx emissions**

See below for a short video...



Let's learn how we can help make change happen together!

What do we need to do?



Walk, wheel, scoot or cycle to school as many times as you can!



Ask your teachers about the inclusivity guide if you think you have any barriers to taking part



Encourage your friends to join in too!



Remember to tell your teacher about your active journey so it can be logged and added to our total!



Take part in the exciting lessons we have planned as part of Sustrans Big Walk and Wheel!



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Don't forget about the prizes!

There will be fantastic prizes up for grabs on every day of the challenge. Schools that get over 15% of their pupils taking part on each day will be entered into the daily prize draw.

Prizes include accessories and equipment to help our school travel actively.

The more people we have making active journeys the better chance we have of winning a prize!



A Frog bike is one of this year's prizes

Little Thurrock
Let's go!



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Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)
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