

Walk to School Week 2022

Resources for Primary Schools



National Walk to School Week takes place this year from September 19th – 23rd 2022. This week is all about celebrating walking as a positive mode for school journeys. We are asking schools to celebrate with us and try to make this the best most inclusive walk to school week yet!

National Walk on Wednesday

Walk on Wednesdays are days where everyone tries to walk or park and stride to school if they can. National Walk to School Day is **Wednesday 21st September** where schools across the country are invited to join in.

- [National Walk to School Week Poster](#)
- [NW2S WOW Survey – Irish & English](#)
- [NW2S Week Survey – Irish & English](#)
- [Online WOW numbers submission form](#)

Investigate & Create

This year we are inviting schools to share their walking experience through our 'Investigate and Create' challenge. This challenge invites students to investigate what they hear, see and feel on the way to school on Wednesday 21st September (or any day during walk to school week).

[Lesson Plan with links to worksheets](#)

We would love to hear your stories and celebrate your work! Tag [#walktoschool](#), [@greenschoolsIre](#) or email your creations to travel@eeu.antaisce.org



Some lesson plans and resources to help celebrate Walk to School Week:



Raise awareness

Download this [Walk to School Week Slideshow](#) to help raise awareness about the benefits of walking. This can be used on passive loop on display screens or even better or assembly. Students could also adapt it to make it their own



Walking Activities – Stride and Power Walking

Learn about good posture, stride walking and power walking in a fun and interactive way. This lesson plan targets senior primary but could be adapted for all ages. To access this resource click [here](#).

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Get creative with shoe laces

Learn new ways to tie shoelaces in a creative way with Green-Schools [Tie My Shoes](#) (Junior Primary)

[Shoe Lace Master](#) (Senior Primary)



Walking themed art activities

- [Design a shoe](#) and use it to decorate your Green-Schools Noticeboard!!
- Get creative and hold a [bling your shoe](#) competition for walk to school week. Make sure to encourage the use of recycled materials and take care to use old shoes
- [Draw yourself walking](#) to school
- Simple [WOW colouring sheets](#)



Measuring with your feet!

Did you know that it is possible to estimate distances with your feet!! This simple lesson plan shows students how to [measure length in footsteps](#) and can be followed with a ['how many steps'](#) activity.



Fun facts about walking

Learn some [fun facts](#) about walking and the human body, animal kingdom and more...maybe you could use these for a classroom quiz!



Adventures with sounds

Go for a walk with you class and record what you hear or create your own sound map. Click [here](#) to access this resource



Create a school gate leaflet for your school

Can you think of any safety or general tips for your school community? Work together to create a tailored walk to [school leaflet](#) for your school.

Don't forget to contact your local travel officer for help and guidance.