



Chaddlewood
Primary School

"Inspiring a Love of Learning"

WALKING MAP



We hope you use this map to help you plan your journey to and from school. We support pupils and families walking, cycling and scooting to school due to the many educational and health benefits that this brings. If you come by car we recommend planning to park outside the 5 minute or even the 10 minute walking zones to help protect space for those travelling actively. It will also mean that all children will feel the benefits of some outdoor active time.



Strategic Planning and
Infrastructure
Ballard House
West Hoe Road
Plymouth PL1 3BJ

PLYMOTION
Make the connection!

Keep up to date:

plymotion@plymouth.gov.uk

@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
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



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.

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?

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

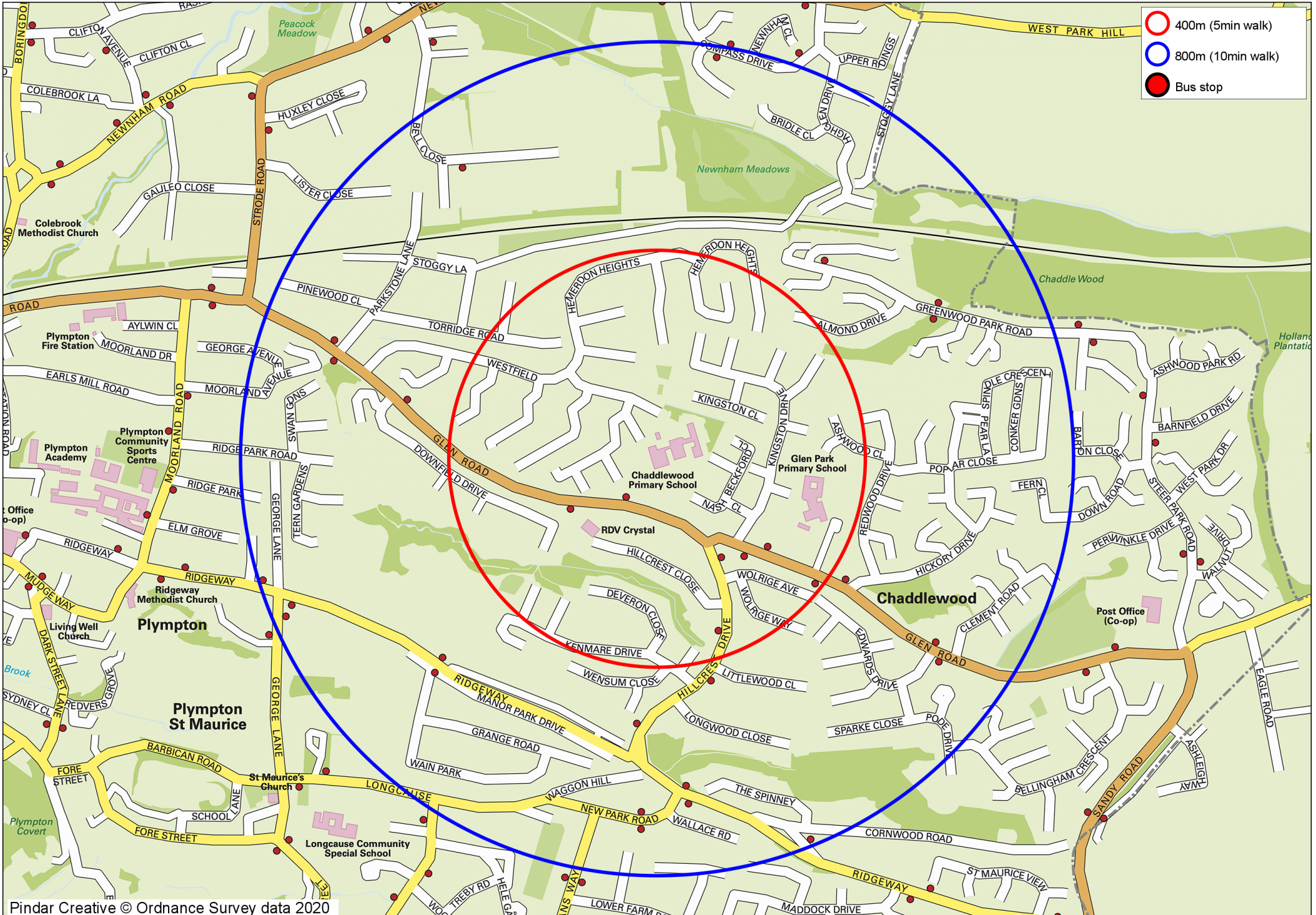


SHOW YOU CARE, PARK ELSEWHERE!

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.





- 400m (5min walk)
- 800m (10min walk)
- Bus stop