

Friday 5th July



Bring your bike or scooter into school and the Sustrans team will help you bling it up during our Share the Space event on Friday 5th July. You can then ride home in style!

We want to encourage more children to travel too and from school on their bike or scooter.

1. Cycling, scooting or walking the school run is an easy way of building physical activity into the whole family's daily routine.

According to government guidelines, children and young people aged 5 to 18 need at least 60 minutes of physical activity every day, while adults should get a minimum of 150 minutes a week. At 1.6 miles, the average primary school journey is a distance that can be cycled, scooted or walked as an easy way of building more activity into our busy lives.

2. Not only is it great for your physical health, it can also boost mental health and wellbeing.

Physical activity can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety, according to the Mental Health Foundation.

3. It's a great way to start the day – not just for kids but for parents too.

Teachers find that pupils who walk, cycle or scoot arrive at school more relaxed, alert and ready to start the day than those who travel by car. Parents can benefit in the same way and burn some precious calories along the way – a 20-minute bike ride can use the same amount of calories as a cappuccino, a bar of chocolate or a 175ml glass of wine.

4. More people cycling, scooting or walking ultimately means there are fewer cars on the road, helping ease congestion outside the school gates.

The proportion of children walking and cycling to school has been declining in England since 1995, with the number being driven to primary school increasing each year - as many as one in four cars on the road during the morning peak are on the school run. Leaving the car at home means you'll take the hassle out of parking too.

5. Fewer cars means less pollution, making the air we breathe cleaner for everyone.

Up to 40,000 early deaths are attributable to air pollution each year in the UK – only smoking contributes to more early deaths. Road transport is responsible for 80% of the pollution where legal limits are being broken and children are particularly affected. What's more, those who travel by car can experience five times higher pollution levels than those who cycle and three and a half times more than those walking the same route. Not only is air pollution harmful to humans, it also affects animal and plant life.

6. Cycling, scooting or walking to school increases children's awareness of road safety as well as boosting independence.

Instilling a love of cycling, scooting or walking in children from a young age has long-lasting benefits – as well as developing road awareness to encourage independent travel as a teenager, it can also create good habits for an active adult life.

7. Travelling under your own steam provides the perfect opportunity to connect with the world around you.

Cycling, scooting and walking brings you closer to nature and the changes in the seasons. Whether it's spotting wildlife or noticing the leaves changing colour on the trees, two wheels are better than four when it comes to connecting with nature and get to know your local area.

8. You'll save money

Cycling, scooting or walking the school run will save you and your family a small fortune. Not only will you be forking out less on petrol, you might also save money on gym fees, leaving you with more cash in your pocket.

9. It benefits us all

From health to road safety, retail and tourism, there is a growing body of evidence demonstrating the economic benefits of cycling and walking. In England alone 10 billion annual journeys are undertaken every year by bike and on foot, with an estimated combined economic value of £14 billion.

10. And if all that's not enough, just think of all the fresh air, freedom and fun you'll have along the way.

Taking time out of your day to cycle, scoot or walk together is a great chance to catch up on your child's day and spend quality time with each other while enjoying the fresh air and freedom of travelling under your own steam.