

Polehampton Junior School



### Bikeability Learn to Ride Lessons

Learn to Ride lessons are available between 4 and 5pm at FBC on Wednesdays and Woodford Park on Thursdays (term time). These lessons are suitable for children to learn to ride a bike without stabilisers.

Please visit: [myjourneywokingham.com](http://myjourneywokingham.com) to book your place.

MJWokingham

@MJWokingham

[www.myjourneywokingham.com](http://www.myjourneywokingham.com)



**WOKINGHAM BOROUGH COUNCIL**

## Why Walk, Cycle or Scoot to School?

It's a great way to exercise and benefits the environment, learning and mental health.

It helps children get fit in the recommended daily hour of exercise to stay healthy.

It helps to build strong muscles and bones and is good for the heart and helps protect children from health problems as they grow up.

It helps children to concentrate better and they are more ready to learn as they arrive at school more relaxed.

It can help clear the mind, lower blood pressure and boost mood.

If they do this with their friends it allows children to spend time building relationships.

It can reduce congestion and pollution, and help tackle climate change.

It helps children learn essential road safety skills that will help them as they grow older.



## 10 Reasons to Walk, Cycle or Scoot

1. It's a fun way to travel
2. It gives me more time to be with my friends
3. It gives me more independence
4. It helps me wake up and be more alert for lessons
5. It helps me unwind at the end of a busy day
6. It makes a cleaner, less noisy environment
7. It makes me healthier and fitter
8. It makes the local area safer if there are less cars
9. It saves money on fuel costs
10. It lets me find out more about my local area



## Park & Stride - Get to School on Time

If you live too far away to walk, cycle or scoot to school, then one way of cutting down on traffic outside the school, and getting the benefits of exercise, is to park and stride. This is where you

park a short walk from the school and walk the rest of the way. Your school might even have a formal park and stride or walking bus location that you can drive to.



## 10 Cool Facts About Walking, Cycling and Scooting

1. The average distance to school in the UK is around 1 mile.
2. A walking, scooting or cycling trip of a mile each way means you could save up to 554kg of CO<sub>2</sub> per year.
3. When there's a lot of traffic about, walking, cycling or scooting could actually be quicker than going in the car.
4. 1 in 4 cars on the road in the mornings are doing the school run.
5. A 30-minute walk or cycle to school, and the same journey home after school, is enough exercise to give you that hour of exercise that you need each day.
6. Walking sideways burns more calories than walking forwards. This is because it is more difficult to make your body work in unfamiliar ways.
7. You can fit 15 bicycles in the same space as one car.
8. Cycling is 3 times faster than walking.
9. Scooting is just over twice as fast as walking. A 20-minute walk would take only 7 minutes on a scooter. It's super speedy!
10. Scooting can help improve your balance and co-ordination.



## Dates for the Diary

16 - 22 September - European Mobility Week

19 September - Youth Mental Health Day
















22 September - World Car Free Day

Check out our interactive cycle map: <https://cutt.ly/IEWmuS1>

- Off-Carriageway Routes
- On-Carriageway Routes
- Quiet Links





-  Bus Stop
-  Parking
-  Play area
-  Train station
-  School
-  Bike Parking
-  Pedestrian Crossing
-  Off-Carriageway
-  On-Carriageway
-  Quiet links
-  Bike Shop
-  Bike Hub
-  800m (10min walk)
-  400m (5min walk)
-  Bus