

Active travel to school

A Step by Step Guide to FEET FIRST 2018-19

Welcome to the fantastic world of FEET FIRST

FEET FIRST is Active Travel's walking, cycling and scooting initiative. It has been running for two years now. It's a great way of keeping children active throughout the year. Walking, cycling and scooting to school are beneficial for children's health, it relieves traffic congestion and it's good for the environment.

This guide takes you through the steps required to take part in FEET FIRST. It's simple to arrange, there are lots of support and rewards and above all it's FREE and great fun.

The theme for FEET FIRST for 2018-19 is THE SEA

Taking part in FEET FIRST

It is hoped that schools taking part will find FEET FIRST to be a brilliant incentive to encourage children, families and staff to walk, cycle and scoot to school. It is also hoped that, as a result of the scheme, families will leave the car on other days too.

Getting started is the hardest part but once pupils see how easy it is to get rewards at the end of each term and how much fun it is travelling actively to school, there's no looking back. In most cases walking and scooting rates rise by 20-30%.



The Seven Steps

FEET FIRST takes place from mid-October 2018 until the end of the summer term in July 2019. The following shows how easy it is for your school to apply and participate in the scheme.

STEP 1. Sign up

Each year schools are invited to take part. The schools complete a Commitment Form for a whole academic year and are awarded a certificate.

STEP 2. Hands-up Survey

Schools are asked to complete a 'hands-up' survey on a single day in June or July 2018 before the start of the scheme - schools who took part in Walk to School Week in May of this year that have completed a mode of travel survey on Survey Monkey do not need carry out the hands-up survey in 2018. A second 'hands-up' survey is carried out towards the end of the academic year in June 2019.

STEP 3. Parents and children commitment

Parents and children are asked, via a letter from the school, if they wish to take part in FEET FIRST.

STEP 4. Resources Order

Schools are asked to complete a resources order form detailing the number of infant and junior puzzle books they require. They need to add extra infant and junior puzzle books for those teachers who want to use some of the facts about 'The Sea' during class.

STEP 5. Puzzle Books

Each child participating in the scheme is given a puzzle book which they either keep in the classroom or take home. At the front of each book is a passport where children can tick the days they walk, cycle and scoot to school.

STEP 6. Wallcharts

Each school taking part in FEET FIRST is provided with a wallchart for each class at the beginning of each term and half term. The children mark on the wallcharts the days of the week that they walk, cycle and scoot to school. The wallcharts are optional and are detailed on the Resources Order Form.

STEP 7. Rewards

Each child managing to walk, cycle or scoot at least once a week receives a badge at the end of every term.