

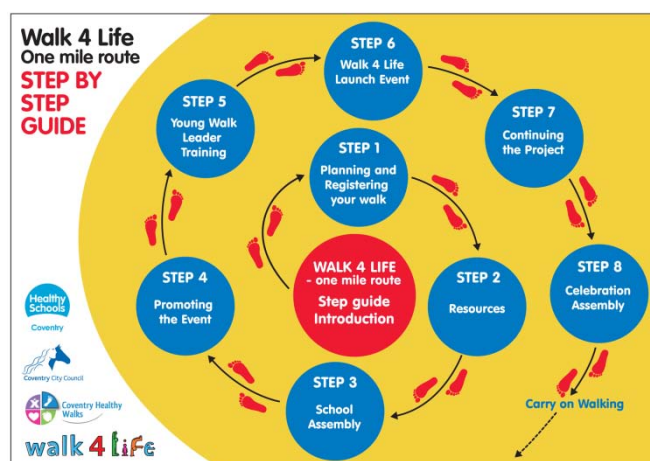
## Runaway success for Walk4Life one mile routes in Coventry primary schools!

Coventry's Healthy Walks Co-ordinators have worked in partnership with Coventry Healthy Schools Project and are using Walk4Life to encourage primary school children to make physical activity a daily habit.

A pilot project in three schools showed that children and staff love the idea. Now more and more schools are coming on board using the new *Step Guide* and getting help to mark out their one mile route.

The project involves:

- walk leader training for Years 5 and 6 pupils so they can supervise walks at lunchtime
- setting up a one mile route in the grounds
- whole school launch and encouragement for walking at lunchtime
- walk leaders recording the miles walked by each pupil and staff member
- a rewards assembly for the pupils, staff and class who walk the most miles in a given time
- schools setting themselves challenges - e.g. walking from here to Ghana



To find out more - contact [romilla.devi@coventry.gov.uk](mailto:romilla.devi@coventry.gov.uk) or Healthy Schools [heather.white@coventry.gov.uk](mailto:heather.white@coventry.gov.uk)

### **Wyken Croft Primary School was one of the first to start Walking4Life**

*The whole school became involved – all 700 pupils and 30 staff. Sheree Glenn, a higher level teaching assistant, marked out a 1 mile route round the grounds and invited all the children to do the walk at lunchtime. Parents were also invited to come and walk it after school.*

*Class teachers used PE lessons to incorporate the walk. They recorded the miles walked on a display in the main school entrance.*



### **Visible effects**

*Some teachers commented that the children who had done the walk at lunchtime were calmer than usual. Children who usually wouldn't be active at lunchtime got involved and really enjoyed it. The walk has continued with some children and the school is looking to incorporate the walk into the lunchtime supervisor role.*



### **Advice to others?**

- Plot the route carefully – consider all weather conditions and make it inclusive for all.
- Promote amongst staff to gain involvement.