

Promoting walking assembly

Two volunteers to wear pedometers to walk around the hall while I'm talking.

Questions:

How many people walked to school today?

How many came by car?

How many came by helicopter?

Again:

How many walked all the way to school?

How many walked some of the way?

How does the way we get to school affect others?

Imagine if everyone came to school on a tractor!

Nice, high up – you'd feel safe on a sturdy vehicle.

What's it like for others?

Queues on roads, tractors having to mount the pavements to get past each other, difficult to turn around, noise, fumes.

People don't normally get to school on tractors, but lots come by car.

There are sometimes accidents, crossing the road can be difficult.

We'd like to see fewer people coming to school by car.

We have to remember that some people live so far away that if they walked it would take so long they possibly would only reach school at lunchtime and then it would be time to turn back again! That would be dreadful – they wouldn't have time for any lessons.

Walking to school allows you to see and hear interesting things which you wouldn't notice in a car.

Ideas?

Things you might see –

Birds

Butterfly

Aeroplane

Road signs

Things you might hear:

Dog barking

Baby crying

Lawnmower

Siren

People laughing

Someone whistling

Walking is something everyone can do, even if they're not superfit. It's easy, cheap and good fun.

Walking actually makes you fitter. It makes your muscles and your bones stronger and it makes your heart work harder. That pumps the blood around your body and the exercise makes you healthier.

Exercise wakes you up and gives you more energy, so you will do better at school.

The experts say that children should have an hour's exercise a day. Imagine, if you walk for 15 minutes to school and 15 minutes home, you will have done half of your recommended exercise for the day, and if your parents walk with you, so have they!

Let's find out how much you know:
(Use Powerpoint presentation : Walking quiz)

Explain hand signs O X V.
(Pupils are given 3 multi choice questions. To show their answers, they make O, X and V shapes with their arms)

First slide:

In one person's lifetime, how many times do you think they have walked around the world?

O 1 X 2 V 3

Answer: V 3

Second slide:

We have a lot of bones in our body, including our feet which we use for walking. How many of the bones in your whole body do you think are in your feet?

O 10% X 25% V 30%

Answer: X 25%

Third slide:

How many muscles do you think we use when we walk?

O 50 X 100 V 200

Answer: V 200

The reason there has been two people walking around the hall while I've been talking is that we want to see how many steps they've taken.

Grown ups are encouraged to take 10000 steps a day to keep fit and healthy.

Interesting to see how many steps my helpers have taken.

(The recommended amount of steps for an adult is 10 000 per day. If you can do e.g. 400 steps in 15 mins walking to school, that's quite a lot of steps out of your daily amount that you should be doing – a very simple way of exercising!)

How many will walk to school in future?

We plan to record how many children who walk to school.

However, must make sure that it's done safely!

Take care when crossing roads. Enjoy having the chance to chat to your friends or family, but make sure you pay attention.