



Supporting Safer and Active Travel in Scottish Primary Schools

Sustrans Scotland, Living Streets Scotland and Cycling Scotland offer resources, activities and funding opportunities to help support safer active travel to your school. You can use this leaflet to find the best options for your school.



Living Streets Charity
No.SC039808 (Scotland)

Cycling Scotland

Cycling Scotland Charity
No.SC029760 (Scotland)



Sustrans Charity
No.SC039263 (Scotland)

Working with support from your Local Authority:

Many of the initiatives outlined in this leaflet are coordinated and part funded by your Local Authority. Each Local Authority has their own school active travel and road safety approach.

This incorporates local school travel planning arrangements and may include some or all of the initiatives outlined in this leaflet as well as local initiatives and alternatives.

You can get advice and guidance on active travel to school and road safety from your Local Authority team. For a list of Local Authority contacts visit:

www.sustrans.org.uk/scotland/schools/partnerships



Promoting active travel can help your school on its journey to excellence:

- ✓ Supports and enriches delivery of the **Curriculum for Excellence** and helps to boost concentration and prepare pupils to learn and achieve.
- ✓ Supports the principles of **GIRFEC**, including Healthy, Achieving, Active and Responsible.
- ✓ Recommended by the Chief Medical Officer (CMO) as way of meeting **physical activity requirements** and supports good **mental health and wellbeing**.
- ✓ Addresses **school traffic problems**, congestion and reduces emissions which contribute to poor air quality.

More policy and evidence information

For further discussion, evidence and policy context surrounding these areas visit www.sustrans.org.uk/scotland/schools.

Make your efforts part of a plan

We recommend that you use active travel initiatives to help you to develop and deliver your school travel plan and as part of your school improvement plan.

“ We have an ambitious school travel plan and have enjoyed participating in a range of activities such as Walk once a Week, The Big Pedal, Play on Pedals, Bikeability Scotland and Bike Week as well as accessing funding for cycle parking and local infrastructure. **We have seen a significant increase in active travel and a reduction in congestion at the school gates.** This is still something we hope to continue improving.

Deputy Head Teacher, Capshard Primary School

How this map works:

The initiatives listed are **colour coded** according to which organisation they are offered by:

- SS** Sustrans Scotland
- LS** Living Streets Scotland
- CS** Cycling Scotland

Visit www.sustrans.org.uk/scotland/schools/resources for more information on all these initiatives.

Other useful links:



Road Safety Scotland and Junior Road Safety Officers:

Road Safety Scotland provides learning resources for all primary school stages offering opportunities to engage children and young people through active and interdisciplinary learning. Visit roadsafetyscotland.org.uk/parents-and-educators.



For pupils with additional support needs:

Blazing Saddles is an all ability mobile cycling service administered by FABB Scotland. It provides advice, guidance and the adaptive resources to facilitate the inclusion of people with disabilities and additional support needs into mainstream cycling activities. For information about your nearest services contact Jan Brereton at Jan@fabb.org.uk or 0131 475 2313.



Cycling Scotland



SET A BASE

TRAVEL PLANNING

School Travel Plan Toolkit

A toolkit with guidance, templates, curricular links, teacher guides and case studies supported by tailored advice and funding opportunities.

FACILITIES

School Cycle & Scooter Parking Funding

Funding to install cycling and scooter parking to enable children to travel actively to school and park their rides.

Places for Everyone Fund

Funding to help improve walking and cycling routes to your school.

School Route Audits

Help with planning and leading a local audit of facilities and access to school. Available in partnership with some local authorities.

LEARN

TRAINING

Bikeability Scotland

National Standard cycle training, supporting children to develop an essential life skill. Delivered through 3 levels (typically P5–S1), ranging from basic control skills to cycling confidently on the road.

Bikeability Scotland Instructor Training

For teachers and parent volunteers to enable them to deliver Bikeability Scotland cycle training in their school.

WOW Walk to School Monitor Pupil Training

Enables pupils to lead and monitor the WOW, Walk to School scheme to raise active travel levels. Available in partnership with local authorities.

Play Together on Pedals

Training provides the learning, skills and resources to promote cycling to early years and pre-school participants.

CAMPAIGN

CYCLE SAFETY

Give Everyone Cycle Space

A Road Safety campaign reminding people how much space they need to leave people on bikes when overtaking them.

CELEBRATE

ACTIVITIES WEEKS

Bike Week Scotland:

Scotland wide events celebrating cycling.

Walk to School Week:

A week-long celebration each May of walking to school with activities to enable pupils to explore their environment and enjoy the fun of walking to school together.

TEACH

CLASSROOM

Suss It Out

Five themed sheets with 10, 20 and 30 minute simple, snappy activities to inspire active travel.

Cycling Scotland Lesson Plans

Cycling Scotland lesson plans and classroom activities that help link cycling to the Curriculum for Excellence.

WOW Learning Resources

A range of curriculum based activities to support participation in WOW and linked to the monthly theme of the programme.

Big Street Survey

Curriculum resource aimed at P5–P6 enabling pupils to investigate the area around their school and create a manifesto on how to make their streets safer and greener.

ENGAGE

INCENTIVISE

WOW – the year-round walk to school challenge

Pupils record travel to school using the easy to use online Travel Tracker tool and are rewarded for reaching a monthly target of active trips with a collectible badge.

The Big Pedal

An annual UK-wide walking, scootering and cycling challenge with an online leader board, resources, and prizes for schools based on participation rates.

The Scotland Walk of Fame

Free inter-school challenge for schools using the Living Streets Scotland Travel Tracker. Runs termly and raises active travel rates.

SCHEMES

SUPPORT

Sustrans I Bike project

I Bike Officers work intensively with schools in local authority areas delivering tailored activities.

Living Streets' Scotland School Associates

Working to support walking projects and events across Scotland, including WOW and Walk to School.

Development Officers

Officers can visit schools to advise on how to increase cycling among pupils and staff.

AWARD

Sustrans Superheroes

Pupil award scheme recognising active travel skills and abilities.

Cycle Friendly Primary School Award

Award to recognise and support schools committed to increasing cycling among pupils and staff.

Partnership group contact details

Sustrans Scotland

Sustrans is the charity making it easier for people to walk and cycle.

 www.sustrans.org.uk/scotland

 @SustransScot

 SustransScotland

Living Streets Scotland

Living Streets Scotland is part of the UK charity for everyday walking.

 www.livingstreets.scot

 @LStreetsScot

 LivingStreets

Cycling Scotland

Cycling Scotland is the nation's cycling organisation.

 www.cycling.scot

 @CyclingScotland

 CyclingScotland