

Ways to take part in the challenge



For each student, you can log:

1x Active Journey to school per day*

*Active journeys to school include walking, using a wheelchair, scooting and cycling.

Parking and then walking, wheeling, scooting or cycling can also be logged as an active journey, so long as the final active part of the journey is at least 10 minutes long.



The following activities can be counted for children with specific barriers to participation which prevent them taking active journeys to school, specifically:

Students who have
SEN/ALN/ASN
and/or disabilities

For each student, you can log:

- 1x** Active Journey to school
- OR
- 1x** Physical Activity at school (duration at teacher's discretion)

Students who use
Local Authority provided transport

For each student, you can log:

- 1x** Active Journey to school
- OR
- 1x** Active Journey from home
- OR
- 1x** Physical Activity at school (30 minutes)

Students who are
Learning remotely

For each student, you can log:

- 1x** Active Journey from home
- OR
- 1x** Physical Activity at home (30 minutes)

Students who
Board

For each student, you can log:

- 1x** Active Journey from school

We understand some schools chose to involve the whole class in physical activity so as not to single out children with barriers to participation. We request that you only record the physical activity of the children with specific barriers to participation on your record sheet. For the other children, please record their active journeys to school, where applicable.