

## ALWAYS (ALI Week wAlking & cYcling Scheme)

How does it work?

1. This is basically the same idea as WoW CoW except it is run every day.
2. Pupils are encouraged to walk or cycle to school whenever possible.
3. Pupils are issued with cards which are stamped or signed every day they walk or cycle (or skate, scooter, park & stride) with awards given after, for example, 25, 50 and 100 stamps

What does the school need to do?

4. Print off as many record cards as you need (Available on the School Travel Plan Toolkit Website).
5. Determine how the scheme is going to be administered – some schools get their Junior Road Safety Officers or school council to perform this task, others ask teachers or teaching assistants to do it in class and some schools have parents or family workers stamping/signing in the playground before the bell goes.
6. Let your parents and children know you're taking part in the scheme.
7. Decide what an acceptable walking distance is for those who come by car – getting the school council involved in the process is one way to achieve this. Ideally run ALWAYS together with a car free walking zone and park & stride

Other ideas

- Alternatively the scheme could be run using a wall chart or Excel spreadsheet. Count the number of walks or cycles per pupil per term and give rewards. You should predetermine how many walks/cycles are needed to qualify perhaps using a bronze/silver/gold type system.
- Rewards don't need to cost anything. For example, a uniform free day, golden time, extended break time etc.

# ALWAYS (All Week walking and cycling Scheme) Record Card

School \_\_\_\_\_

| Name | Class |   |   |   |    |   |   |   |   |     |
|------|-------|---|---|---|----|---|---|---|---|-----|
|      | 1     | 2 | 3 | 4 | 5  | 6 | 7 | 8 | 9 | 10  |
| 11   |       |   |   |   |    |   |   |   |   |     |
| 21   |       |   |   |   | 25 |   |   |   |   |     |
| 31   |       |   |   |   |    |   |   |   |   |     |
| 41   |       |   |   |   |    |   |   |   |   | 50  |
| 51   |       |   |   |   |    |   |   |   |   |     |
| 61   |       |   |   |   |    |   |   |   |   |     |
| 71   |       |   |   |   |    |   |   |   |   |     |
| 81   |       |   |   |   |    |   |   |   |   |     |
| 91   |       |   |   |   |    |   |   |   |   | 100 |

Get this card signed or stamped every time you walk or cycle (or scoot or board) to school.  
Bronze award after 25 trips; Silver after 50; Gold after 100.

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| 51   |       |   |   |   |    |   |   |   |   |     |
| 61   |       |   |   |   |    |   |   |   |   |     |
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