

# Quick Guide: Walk AT School

Sometimes situations or circumstance mean that planning a Walk TO School event might not be right for you. Sometimes this is because there are not any good walking routes to school or students live too far away to walk.

Planning a Walk AT School Events can be held around the perimeter of the school, around the track, on the soccer field or in the gym during inclement weather. Events can be held before or during school during recess, P.E. class or assembly.

You can also tie these events into other classroom activities or even a walking parade! We've outlined for you a few ideas for holding a successful Walk AT School event for your students.

## What does a Walk AT School event look like?

Students can arrive early to school and walk together around a designated spot. A soccer field or gym work great!

All P.E. classes focus on walking for the day. Students hold walking contests throughout the day.

Hold a Special Assembly focused on pedestrian safety, health and fitness. Speakers could include local health or safety advocates, local elected officials, fitness celebrities or law enforcement.

Your assembly could be safety or fitness themed!

### Hold a Walking Parade!

Encourage the school band, spirit squad or school mascot to join along to encourage other students as they walk.

## Build a Team of Support

- Get the School Principal's permission to hold a Walk AT School Event.
- Put a team together (Include parents, PTSA, school staff)
- Find allies to support your event (Include Law Enforcement, Crossing Guards, Public officials, local media)

## Planning your event

- Decide where you when and where you will walk.
- Consider asking a fun speaker or program to present.
- Promote the event to parents& students (Announcements, Flyers, PTSA Listserv)

## Building Excitement

- Create excitement with incentives for children
- Hold Walking Themed Poster contest and promote pedestrian themes in the classroom.
- Remind students with announcements and Walk AT School banners.
- Give students a certificate of participation or give away door prizes at the walk.

## What ideas work for you?

- Play music while students are walking to get them excited about physical fitness.
- Plan a Walk AT School Event in the morning and invite parents to join for coffee and light breakfast.
- Set up a Park and Walk: For students who live too far away to walk, you can set up a site off campus where children can be dropped off by parents or buses - students can walk together as a group.



Creating a Walkable Mississippi. One Step at a Time.  
[www.onestepms.com](http://www.onestepms.com) #onestepms

