

This document provides a simple introduction to the Walk4Life website and how it can be used in schools.

For activities relating to Key Stage 2 please see the Activities document available to download, along with other teaching resources, from [www.walk4schools.info](http://www.walk4schools.info)

## Introduction

Funded by the BIG Lottery and the Department for Health for three years, [www.walk4life.info](http://www.walk4life.info) is a totally free website designed to get everyone more active more often by enjoying local walks.

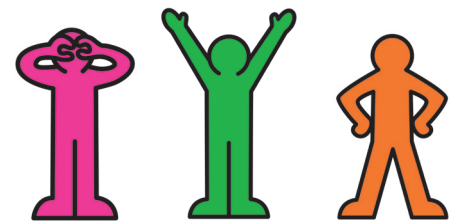


Teachers can easily access the dedicated schools page on the Walk4Life website which provides further information and downloadable resources at [www.walk4schools.info](http://www.walk4schools.info)

It's a brilliant way to encourage students to increase their level of physical activity at the same time as teaching them to read maps with confidence and helping them to become proficient online map-makers.

The website has thousands of short, local walks already plotted and is very straightforward. Use it with your students to look for local walking routes and add your own, set up your class or school as a walking group, and create challenges for yourselves.

Walk4Life is part of the bigger "Change4Life" umbrella, and the small team behind it are hoping that schools and colleges all around the country will want to get involved.



The verdict from schools who have already used the website is very positive.

## How to get going with Walk4Life

Anyone can explore the website and search for walks but to get the most from the website - to add walks, keep track of your walking activity, join a group or take part in a challenge - you will need to register. This is quick and easy to do.

Anyone can sign up to use the website, you only need to provide very basic information.

To sign up as an individual you will need:

- A username : we recommend that pupils do not use their own names as usernames can be seen on the site
- An email address: email addresses don't appear on the site – they are used by us to send you a reminder of your password, or newsletters if you request them. If you create a group you will need to provide a contact email address and this will be displayed (in the email address field when a member of the group emails you) – if you don't want to use your personal email address then we suggest you create a new email address (eg. gmail or yahoo) for this purpose.
- A password



- Your postcode (this information is not made public but if you don't wish to use your home postcode it's fine to use your school's postcode)
- Your gender (this information is not made public).

## How you can use the Walk4Life website in your classroom

By using the Walk4Life website your pupils will be able to:

- explore detailed, accurate maps of their local area;
- draw their own walking routes;
- keep a record of their personal walking activity;
- take part in and create challenges for themselves;
- join a group and compete with other classes and schools.

These activities link to the Key Stage 2 Curriculum in Mathematics, ICT, Geography and Citizenship. Further information can be found in the Activities document available to download from the School Resources page at [www.walk4schools.info](http://www.walk4schools.info)

## Tips and ideas

- ★ Ask each of your pupils to **add their walk** to school - find out who walks furthest!
- ★ Improve community relations! Many urban and suburban schools have found that when they effectively **promote walking** (even just the last half mile) to school and reduce the daily traffic jams - they improve relations with their neighbours enormously and also increase their pupils fitness and sense of wellbeing.  
  
Why not seek out a convenient car park within half a mile of school, promote it with your students and parents, get them walking and clocking up the miles!
- ★ Set up a **group** for your class and ask each pupil to join.
- ★ Set the class a **challenge**! You can choose from one of the challenges already listed on the website or create a new one. How about walking the distance of the Olympic Triathlon event (32.18 miles) or the length of Hadrian's Wall (84 miles) - each time any of your pupils completes a walk the distance will be added to the group's total and once you reach the challenge distance your group gets a gold star. It's a great way to motivate people to walk more.
- ★ **Challenge** another class or school! Find out which class walks furthest or set a challenge and see which group can achieve it first.

- ★ Create a **Walk4Life Mile** in your playground - most people can't imagine how far a mile is, or how long it will take them to walk a mile. An important part of the Walk4Life project is the identification and waymarking of 1 mile long routes, a bit like measured miles on the road, they are designed to help people understand that they can walk a mile in 20 minutes.

If you have a 1 mile walking route around your school grounds we can provide waymarkers to use, including a stencil that can be used to mark the ground. We have advice on finding miles and waymarking them at <http://www.walk4life.info/about-walk4life/walk4life-miles>.

## Privacy

The site is safe for children to use. No-one can be identified from the site, only usernames can be seen. However, emails are used to communicate to group leaders by group members therefore we recommend that personal email addresses are not used when creating a group.



Walks added to the site can be private, so only the person who added the route can see it (very useful for the daily walk to school).

When you create a group you can choose who will be able to access and join that group. Groups can be:

- Open - anyone can view the group and anyone can join;
- Moderated - anyone can view the group but users have to request to join (you can accept or decline their request);
- Closed - closed groups are only visible and accessible to group members. People are invited to join by email. This is clearly the safest option, but means that no-one apart from group members can see how far the group has walked.

## Where to go for more information and how to tell us about your success

- To find out more - look around the site at [www.walk4life.info](http://www.walk4life.info)
- To access the teaching resources go to [www.walk4schools.info](http://www.walk4schools.info) (this link takes you to the Walk4Life website)
- We are creating case studies of real live schools using the site. We'd like to find more, so if you are using the site and are happy for us to tell others how wonderful you are please let us know.
- Feel you need a Walk4Life workshop? Get in touch if you'd like us to demonstrate how to use the Walk4Life website in the classroom.
- To contact us please email [abi.mansley@walkengland.org.uk](mailto:abi.mansley@walkengland.org.uk)