Headline sponsor:



Info sheet

20–31 March 2023

Sustrans Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

The 2023 challenge

It's more important now than ever to travel actively. Active travel is a great way to build physical activity into children's daily routine. It helps them arrive to school more relaxed and alert, and is great for their mental wellbeing too.

This year the challenge will run from **20–31 March 2023**. It is free and easy to take part in Sustrans Big Walk and Wheel. You can register your school for the challenge from January 2023 at www.bigwalkandwheel.org.uk.

How it works

On each day of the challenge schools compete to see who can record the greatest number of pupils walking, using a wheelchair, scooting or cycling to school.

A school's best five days will determine their final position and schools at the top of their leaderboards will receive an exclusive Sustrans Big Walk and Wheel certificate.

Prizes

All schools will be entered into daily prize draws for rewards if over 15% of your school takes part on each day of the challenge. Prizes up for grabs include accessories and equipment to help your school travel actively.

In 2022,
2,984kg
of nitrogen oxide avoided as a result of the 10-day challenge*

In 2022,
1,335 tonnes
of CO_2 avoided as a result of the 10-day challenge*

In 2022, pupils at
1,519
schools made
2,096,336
journeys to school by foot, wheelchair, scooter and cycle

*Based on the assumption the journeys logged in the challenge would otherwise have been made by car.

School resources

We provide a suite of fun and interactive resources to help make your challenge a success. These free resources include:

- Curriculum linked lesson plans
- Inclusivity guide
- School assembly presentation
- Top Tips
- Poster



FAQs

Who can take part in the Big Walk and Wheel 2023?

All schools in the UK can take part in the Sustrans Big Walk and Wheel (provided they have a DfE or SEED no. or an IRN). If you do not have a DfE/SEED/Inst Ref number email bigwalkandwheel@sustrans.org.uk.

How do I register?

Simply fill in your school details on the Sustrans Big Walk and Wheel registration page.

What counts in the challenge?

For each pupil you can log one active journey to school per day – this includes walking, using a wheelchair, scooting and cycling.

What next?

1. **Register for the challenge from January 2023 at www.bigwalkandwheel.org.uk**
2. **Put 20–31 March 2023 in your diaries**
3. **View and download the free school resources. Plan how you could use them in your school or lessons**
4. **Email the Big Walk and Wheel team if you have any questions: bigwalkandwheel@sustrans.org.uk**

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