

STEP PEDAL PUSH

3 CHOICES – 5 DAYS

GEAR UP FOR THE STEP PEDAL PUSH CHALLENGE

12TH – 16TH JUNE 2023!



Step (walk), Pedal (cycle), or push (scoot, wheelchair, skate) your way to school for all 5 days, to be in with the chance of winning some scooterrific prizes!



SIMPLY JOT DOWN HOW YOU TRAVELLED TO SCHOOL ON YOUR 5 DAY TRACKER, EACH DAY. After all 5 days, parents can then log this on the Upshot Survey (scan the QR Code)



BY TAKING PART, YOU COULD WIN...

- 1 of 3 scooters
- 1 of 20 free swim vouchers
- 1 of 2 £300 vouchers for active travel equipment for your school

SCAN HERE ON
16TH JUNE



WHY NOT COMPLETE OUR DAILY CHALLENGES ON YOUR WAY TO SCHOOL!

WE WOULD LOVE TO SEE HOW YOU GET INVOLVED with the challenge, SO TWEET any PHOTOGRAPHS USING the hashtag #Barnsley5SPP

#Barnsley5SPP



BARNSLEYMOVING



@BARNSLEYMOVING



#Barnsley5SPP

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DAILY CHALLENGES!



MINDFUL MONDAY

ON YOUR WAY TO SCHOOL, STOP AND TAKE A MOMENT TO THINK ABOUT YOUR SURROUNDINGS. WHAT'S 1 THING YOU CAN FEEL, HEAR, SEE, SMELL AND TASTE?



TUESDAY TRIATHLON

CAN YOU TRAVEL TO SCHOOL TODAY IN THREE DIFFERENT WAYS? YOU COULD SCOOT, WALK, JUMP, HOP, SIDESTEP, RUN, JOG, SKATE, OR SKIP TO SCHOOL!



WILDLIFE WEDNESDAY

HOW MANY DIFFERENT ANIMALS CAN YOU SPOT ON YOUR WAY TO SCHOOL TODAY? THEY COULD BE DOGS, BIRDS, OR INSECTS!



CLEAN AIR THURSDAY

BY LEAVING THE CAR AT HOME, YOU'RE HELPING TO KEEP THE AIR CLEAN!

[HTTPS://WWW.CLEANAIRDAY.ORG.UK/SCHOOLS](https://www.cleanairday.org.uk/schools)



FIVE COLOURS FRIDAY

CAN YOU FIND 5 THINGS ON YOUR TRAVELS TO SCHOOL? ONE RED, ORANGE, YELLOW, GREEN AND BLUE?

WHY NOT STAY ACTIVE FOR THE WHOLE 7 DAYS BY TAKING PART IN SOME OF THE FOLLOWING:

- SATURDAY STROLL
- WEEKEND WHEEL
- SUNDAY SCOOT

