



Let's get moving this Walktober!

Get moving for our wellbeing, our community and our planet

Pupil Challenge Card Competition How to complete your Challenge Card

Throughout Walktober 2023, we are challenging you to get moving for our wellbeing, our community and our planet!

For each week of October, we are asking you to complete an active travel challenge. This could be the challenge we have suggested or you may have your own ideas.

How it works:

1. Your school will give you a Pupil Challenge Card. You can print this off to fill in or it can be completed on a computer.
2. There are four weekly challenges for you to try, or you can choose your own. Each week, record your achievements on the Challenge Card. You can write, draw or add a photo. For instructions to complete your card on a computer, please visit myjourneyhampshire.com/walktober.
3. For the last two days of Walktober there is a bonus task to try!
4. At the end of Walktober, and by **Friday 10th November 2023**, your completed Pupil Challenge Card can be entered into a prize draw to win one of our fantastic prizes! Please ask a parent or carer to visit myjourneyhampshire.com/walktober and submit your entry using the pupil competition form or drop off a printed copy to your school's collection point if they have one available.

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Week 1 Challenge – Swap a car journey

How often can you walk, wheel, scoot, cycle, Park and Stride or take public transport instead of using the car for the full journey?

For this challenge you could:

- Walk or wheel to the local shop(s) instead of driving.
- Park and Stride instead of parking near school. Park 5-10 minutes away and walk, wheel or scoot the rest of the journey, maybe you could park near a friend's house and walk together.
- Take a bus or train on a day trip instead of the car.

Week 2 Challenge – Enjoy your active travel week

What have you enjoyed on your active journeys this week?

For this challenge you might have:

- Enjoyed a bike ride to the park.
- Sat with a friend on the bus to school.
- Been on an autumn walk or wheel with your class.

Week 3 Challenge – Travel a mile or more

Can you travel a mile or more using active travel this week?

For this challenge you could:

- Walk, wheel or run round the school playground at break and lunchtime.
- Use Google maps to plot and measure a route near your home to walk, wheel, scoot or cycle after school or at the weekend.
- Find out the distance of your bus journey.

Week 4 Challenge – Half term active fun!

Take a walk, wheel, scoot or cycle with family or friends.


For this challenge you could:

- Create a scavenger hunt for a local walk or wheel with family or friends.
- Take a picnic in a backpack and cycle with your family or friends to the park.
- Find out if there are any local pumpkin trails to do.



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Bonus Days' Challenge – Spread the word

Tell others how you got moving this Walktober and made a difference for our wellbeing, our community and our planet!

For this challenge, spread the word about what you have learnt about the benefits of active and sustainable travel and how you got moving this Walktober. You could write to a friend, tell someone at school, write an article for your school newsletter or make a poster to put up at home.



If your parent or carer would like to spread the word too, they could share your Walktober challenges with us by tagging **#Walktober**.



Pupil Competition Challenge Card

Full name: Age:
 School:

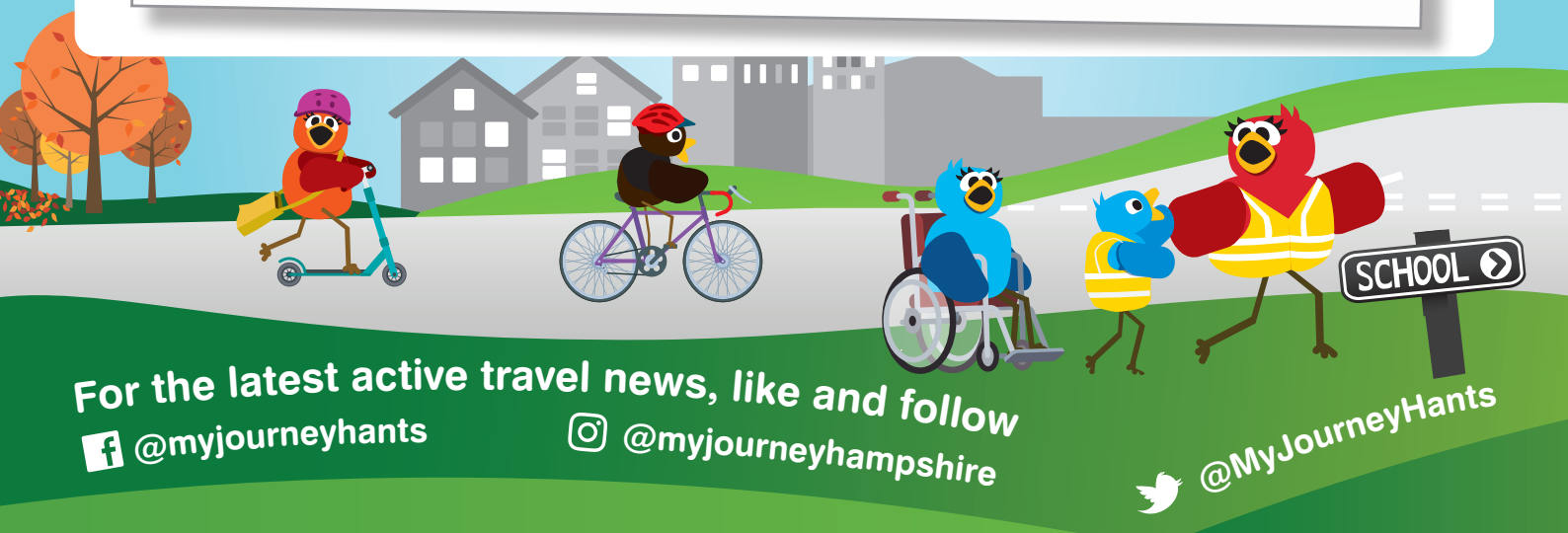
Each week, there is a challenge for you to try or if you have an idea for your own weekly challenge write it in the 'My challenge' space. Record your challenge activity each week by writing, drawing or adding a photo in the spaces below.

WEEK 1 2 – 8 October Swap a car journey How often can you use active/sustainable travel instead of using the car for the full journey? My challenge is:	This week I... Swapped a car journey 4 times! On Monday afternoon I walked home from school. On Wednesday and Thursday morning we used Park and Stride by parking at the village hall. On Sunday I took the bus to visit my Grandad in Basingstoke.
WEEK 2 9 – 15 October Enjoy your active travel week What have you enjoyed on your active journeys this week? My challenge is:	This week I... Enjoyed standing under a tree to look up at the branches where the leaves are starting to turn yellow. The tree is between the village hall and my school. Here is my photo of the tree. 
WEEK 3 16 – 22 October Travel a mile or more Can you travel a mile or more using active travel this week? My challenge is:	This week I... Cycled with my mum to take my sister to football at the weekend. Usually we drive as it is two miles away, so I cycled four miles in total there and back. From the village hall to school is half a mile, so I walked four miles.
WEEK 4 Half term 23 – 29 October Half term active fun! Take a walk, wheel, scoot or cycle with family or friends. My challenge is: To cycle to and from holiday club.	This week I... Cycled to and from holiday club on Monday, Tuesday and Thursday. 
BONUS DAYS! 30 – 31 October Spread the word! Tell others how you got moving this Walktober and made a difference for our wellbeing, our community and our planet!	On the bonus days I... Phoned my Grandad to tell him how using the bus when we went to visit him meant one less car on the road that day and so there was less air pollution. I talked to my friend at school about how I chose to cycle to holiday club during half term and how much fun it was! I told my dad that using Park and Stride is better than parking near the school because we get some extra exercise.

Submit your completed Challenge Card by **Friday 10th November 2023**. Visit myjourneyhampshire.com/walktober and ask your parent or carer to use the pupil competition entry form link or drop off a printed copy to your school's collection point if they have one available.



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