Supporting Safer and Active Travel in Scottish Primary Schools

Sustrans Scotland, Living Streets Scotland and Cycling Scotland offer resources, activities and funding opportunities to help support safer active travel to your school. You can use this leaflet to find the best options for your school.
Working with support from your Local Authority:

Many of the initiatives outlined in this leaflet are coordinated and part funded by your Local Authority. Each Local Authority has their own school active travel and road safety approach.

This incorporates local school travel planning arrangements and may include some or all of the initiatives outlined in this leaflet as well as local initiatives and alternatives.

You can get advice and guidance on active travel to school and road safety from your Local Authority team. For a list of Local Authority contacts visit www.sustrans.org.uk/scotland/schools/partnerships.

Promoting active travel can help your school on its journey to excellence:

- Supports and enriches delivery of the Curriculum for Excellence and helps to boost concentration and prepare pupils to learn and achieve.
- Supports the principles of GIRFEC, including Healthy, Achieving, Active and Responsible.
- Recommended by the Chief Medical Officer (CMO) as way of meeting physical activity requirements and supports good mental health and wellbeing.
- Addresses school traffic problems, congestion and reduces emissions which contribute to poor air quality.

More policy and evidence information
For further discussion, evidence and policy context surrounding these areas visit www.sustrans.org.uk/scotland/schools.

Make your efforts part of a plan
We recommend that you use active travel initiatives to help you to develop and deliver your school travel plan and as part of your school improvement plan.

"We have an ambitious school travel plan and have enjoyed participating in a range of activities such as Walk once a Week, The Big Pedal, Play on Pedals, Bikeability Scotland and Bike Week as well as accessing funding for cycle parking and local infrastructure. We have seen a significant increase in active travel and a reduction in congestion at the school gates. This is still something we hope to continue improving."

Deputy Head Teacher, Capshard Primary School
Other useful links:

Road Safety Scotland and Junior Road Safety Officers: Road Safety Scotland provides learning resources for all primary school stages offering opportunities to engage children and young people through active and interdisciplinary learning. Visit rsascotland.org.uk/parents-and-educators.

For pupils with additional support needs: Blazing Saddles is an all ability mobile cycling service administered by FABB Scotland. It provides advice, guidance and the adaptive resources to facilitate the inclusion of people with disabilities and additional support needs into mainstream cycling activities. For more information contact Jan Breerton at Jan@fabb.org.uk or 0131 475 2313.

Cycling Scotland

LEARN

TRAVEL PLANNING

School Travel Plan Toolkit
A toolkit with guidance, templates, curricular links, teacher guides and case studies supported by tailored advice and funding opportunities.

Bikeability Scotland
National Standard cycle training, supporting children to develop an essential life skill. Delivered through 3 levels typically P5-S1 ranging from basic control skills to cycling confidently on the road.

SET A BASE

TRAVEL PLANNING

FACILITIES

School Cycle & Scooter Parking Funding
Funding to install cycling and scooter parking to enable children to travel actively to school and park their rides.

Bikeability Scotland Instructor Training
For teachers and parent volunteers to enable them to deliver Bikeability Scotland cycle training in their school.

School Route Audits
Help with planning and leading a local audit of facilities and access to school. Available in partnership with some local authorities.

School Cycle & Scooter Parking Funding
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Play on Pedals
Training provides the learning, skills and resources to promote cycling to early years and primary school participants.

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Walk to School Week
A week-long celebration each May of walking to school with activities to enable pupils to explore their environment and enjoy the fun of walking to school together.

Cycling Scotland

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TRAINING

Give Everyone Cycle Space
A Road Safety campaign reminding people how much space they need to leave people on bikes when overtaking them.

Suss It Out
Five themed sheets with 10, 20 and 30 minute simple, snappy activities to inspire active travel.

CYCLE SAFETY

Bikeability Scotland
Bikeability Scotland is a National Standard cycle training programme for schools. It provides advice and guidance to help schools deliver cycle training and promote cycling safely.

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Sustain Scotland
Sustain Scotland is a charity working to make Scotland a healthier, greener and fairer place. It works to support active travel to school and create a manifesto on how to make their streets safer and greener.

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CELEBRATE

Activities weeks
Bike Week Scotland: Scotland wide events celebrating cycling.

Wow World Learning Resources
A range of curriculum based activities to support participation in WOW and linked to the monthly theme of the programme.

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Cycling Scotland
Sustrans Scotland
Sustrans is the charity making it easier for people to walk and cycle.

www.sustrans.org.uk/scotland/
@SustransScot
SustransScotland

Living Streets Scotland
Living Streets Scotland is part of the UK charity for everyday walking.

www.livingstreets.scot
@LStreetsScot
LivingStreets

Cycling Scotland
Cycling Scotland is the nation’s cycling organisation.

www.cycling.scot
@CyclingScotland
CyclingScotland