Your Move Schools

Winning Formula

Your Move helps students to be healthy and active by increasing walking and riding to schools, tackles traffic issues and boosts school spirit. You can create student-centred teams supported by a teacher or parent to foster leadership skills and achieve change. It also provides practical ways to teach and develop sustainability at your school. Are you ready to get started?

* Step 1: Think about your school’s identity and values
* How do walking, riding and taking public transport for the trip to school link to these values?
* Step 2 – Think about the congestion issues at your school
* Car congestion?
* Barriers to walking to school?
* Barriers to cycling to school?
* Barriers to taking public transport to school?
* Barriers to scooting to school?
* Step 3 – Brainstorm solutions – great one to do with your dream team at school
* Design an initiative or event that addresses the barriers around your school
* How would you promote?
* Who could implement?
* When would you run event?
* Who is helping?
* Step 4 – Create a vision for your school’s Your Move program
* “By the end of 2017 our school will create a sustainable walking and cycling culture that is celebrated by the school community.”
* Make it a SMART goal
* Step 5 – Mini action plan sheet, laminate and revisit once a term
* HUS are only program requirement
* Sign up to program website
* Access resources, share your stories, check out others, earn points