



Schools on the Move

Pedometers in Schools Project

Useful Links

The following websites contain additional information regarding walking, active travel, health and young people.

Project partners:

Department of Health www.doh.org.uk
Providing health and social care policy, guidance and publications.

Department for Children, Schools and Families www.dfes.gov.uk
Responsible for improving the focus on all aspects of policy affecting children and young people, as part of the Government's aim to deliver educational excellence.

Youth Sport Trust www.youthsporttrust.org
Supporting the education and development of all young people through physical education (PE) and sport.

British Heart Foundation www.bhf.org.uk
The nation's heart charity.

BHF National Centre for Physical Activity and Health
www.bhfactive.org.uk
Advocating and promoting physical activity by providing professionals with the skills, information and support they need to stimulate more people to be active.

Concept 2 www.concept2.com
The indoor rowing specialists.

Walking and active travel:

Sustrans www.sustrans.co.uk
The UK's leading sustainable transport charity.

Bikeability www.bikeability.org.uk
A cycling proficiency award scheme for the 21st century.

Living Streets www.livingstreets.org.uk
The national charity campaigning to win back the streets





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Walk to School www.walktoschool.org.uk

The Walk to School Campaign asks parents, pupils and teachers to think about their journey to and from school, and the many benefits of making it on foot. Each year, they organise two nationally recognised events *National Walk to School Week* and *International Walk to School Month*.

Safe Routes to Schools www.saferoutestoschools.org.uk

Sustrans' campaign to create safe routes to schools for every child in the UK.

International Walk to School www.iwalktoschool.org

Dedicated website for the international walk to school campaign.

Walking the Way to Health (WHI) www.whi.org.uk

WHI is the 'Walking the way to health initiative' and it aims to get more people walking in their own communities, especially those who take little exercise or live in areas of poor health.

Ramblers Association www.ramblers.org.uk

Britain's biggest walking charity.

Health:

National Healthy Schools Programme www.healthyschools.gov.uk

Cross-government initiative to help young people and their schools be healthy.

LifeBytes www.lifebytes.gov.uk

LifeBytes aims to provide young people between the ages of 11-14 with relevant and appropriate health information, as well as linking to a range of accurate, clear and credible websites on a variety of health issues.

Yheart www.yheart.net

The British Heart Foundation's dedicated website for over 11s with loads of ways to help young people stay fit, eat the right food and sort out any health worries.

cbhf www.bhf.org.uk/cbhf

The British Heart Foundation's dedicated website for under 11s.

