

TRAVEL TO

Backworth Park Primary School



Backworth Park Primary School

Hotspur North

Backworth

Newcastle Upon Tyne

NE27 0FZ

**Schools
GoSmarter**

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Schools GoSmarter

www.gosmarter.co.uk/schools

Schools Go Smarter encourages young people, their families and carers to think about using more sustainable ways of travelling to and from school each day.

By walking, cycling, scooting and using public transport, you can help to keep yourself healthier and fitter, as well as making your journeys kinder to the environment.

**20 minutes of leisurely
cycling burns around
100 calories!**



Cycling and Scooting

Riding your bike or scooter to school is one of the easiest ways to get some daily exercise. Plus it's good fun and can help your brain concentrate through the day and make you feel happy!

Plan your ride to school with your local cycle map. Get yours from www.gosmarter.co.uk/cycle-maps

**Exercising in the morning can
help you feel happier and
concentrate more!**



Walking

Walking is simple and free. It's one of the easiest ways to be more active and get healthier.

It's suitable for people of all ages and fitness levels so why not encourage your parents or carers to walk with you?

Walking to school is a great way to start the day. And, you'll have more time to chat with your friends before you arrive at school!

Park and Stride

If you need to travel by car, use this map to find somewhere to park at least 5-minutes away from school so that you can get some exercise and reduce the amount of pollution at the school gate.

Some people live a little further away from school but that doesn't mean you can't add some walking into your school journey. Why not try:

- Getting off the bus one or two stops earlier than you need to?
- Parking the car a little further away and continue on foot?



**On average, it takes about 20
minutes to walk a mile**



Public Transport

If you take the bus, train, ferry or Metro, instead of getting a lift in the car, you're helping to make it safer around the school gates where parking is restricted.

Using public transport is great for the environment too; a full bus can take up to 40 cars off the road meaning there is less pollution and congestion!

**You can probably get to
school more quickly too!**



