

Welcome to Walktober 2018

Walking whatever the weather Families' pack

For International Walk to School Month this October your school has signed up to take part in the **My Journey** and **Trailblazer** initiative "Walking whatever the weather this Walktober".

Just because it's cold or raining, doesn't mean you can't still enjoy walking, scooting or cycling to school or being active outdoors during the school day. Simply put on a coat and wellies, grab an umbrella or hat and carry on enjoying the great outdoors!

Overleaf are a selection of activities for families to try out during the month on their way to and from school. Feel free to adapt them or make up your own ideas too. There are more ideas available at myjourneysouthampton.com/Walktober.

Competition

Whilst schools will be competing to win a wellie storage unit and a Trailblazer training course, families can compete for activity vouchers. KS1 pupils can win **discount vouchers for Marwell Outdoor Activity Centre** whilst KS2 pupils can win a **donutting session for four at Alpine Snowsports Southampton**.

To enter, simply design some "Walktober Wellies" – either using the paper outline overleaf or by decorating a pair of your own wellies and taking a photo of them enjoying being outdoors (photos of just the wellies please - no faces).

Please send your drawings (no actual wellies please!) to:

Walktober Competition
Hazel Agombar
School Travel Officer
Southampton City Council
Floor 1, Civic Centre
Southampton, SO14 7LY

Email photos to
Hazel.Agombar@southampton.gov.uk
Please include your child's name, year group and school as well as your contact details should they be lucky enough to win.
Closing date for entries:
Friday 9 November.

Social Media spot prizes

We want to know what's happening throughout Walktober so please do post photos of what you're up to each day on Twitter using

My Journey: @MyJourneyHants and
Trailblazers: @hampshirepe

There will be spot prizes for the best entries!



Activity suggestions for a Walktober walk

Re-routing

Do you walk the same way to school every day? Is there a different way you could walk? Walk the new way home from school. Can you list the different things that you saw? What did you hear? Can you compare the two routes you take? Which one do you prefer?

Counting cars and cycles

Before you leave your house, estimate how many (choose one of) cars / vans / motorbikes / cycles / scooters / buses you will pass you on your walk – you could choose a different vehicle (or choose birds or insects instead) each day. Then count them as you walk to school. Is the total very different to your estimate? Is the number you count the same every day? Can you make a tally chart to show how many of each type of vehicle you saw in a week?

Number plate poetry

On your walk to or from school, can you make up five word poems where the words start with the first letter of the registration plate of stationary cars?

HT ** LZM = Here Today, Long Zooming Mice

FV**UHJ = Five Voles, Ultra High Jumping

Can you make a poem that is five cars long? 10 cars long? Can you rearrange the lines to make your poem make more sense? Can you use a theme?

Counting in streets

On your walk to or from school, look at the houses. How are they numbered? Do they go up in ones or twos? Are the even numbers on one side and the odd numbers on the other side of the street? Can you count up and back in even numbers? For more of a challenge try the odd numbers. Can you do some estimating? How many windows are there on the left hand side of the road? Then you can count them to check.

General activities to extend your outing

Autumn colours

Collect up fallen autumn leaves and put them in colour order – different browns / reds. Create an artist's palette from card and stick them down in order using double sided tape. Then mix paints to replicate the colours and try drawing and painting your palette. Do you think the colours would be the same in April?

Woodland weaving

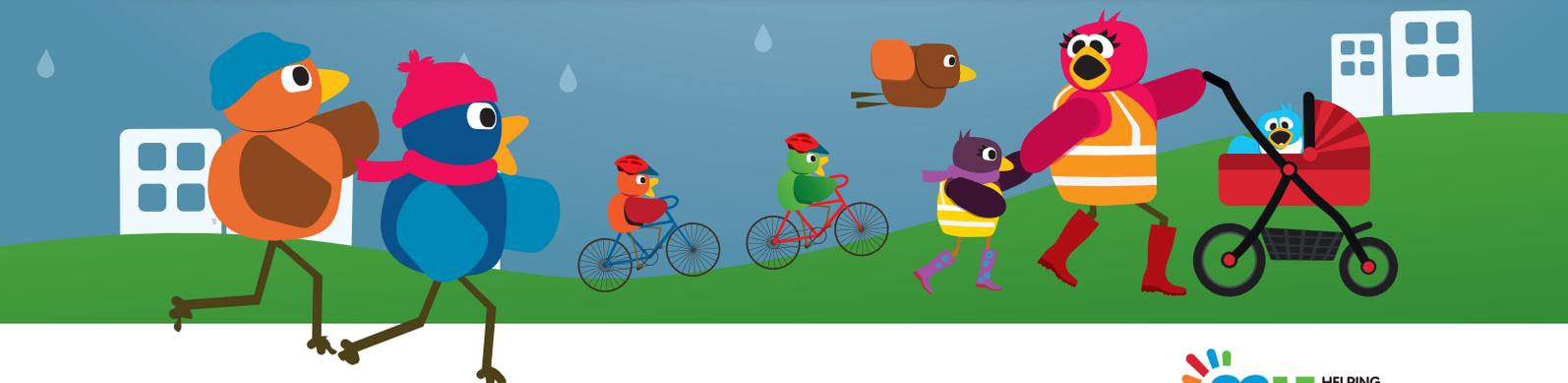
Find either a forked stick with three prongs or four straighter sticks which you need to make into a square and join at the corners with wool. Then weave wool across the square from top to bottom and left to right, or in circles around the prongs of the fork. Secure the end and thread through your autumnal findings to create a picture. Hang your finished article from a string to decorate the windows in your classroom.

Chasing the shadows

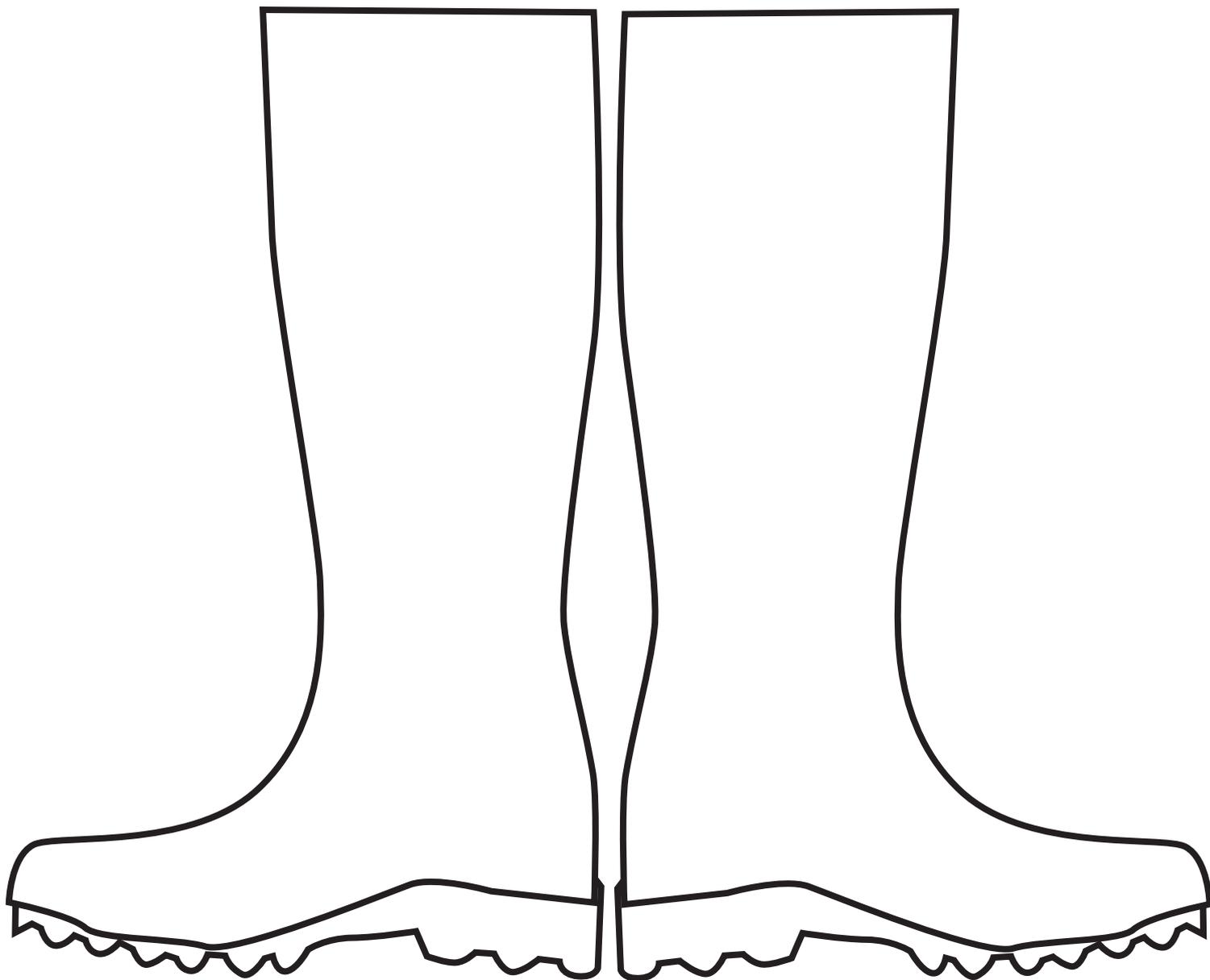
If it's a sunny day, why not ask a friend to make a pose – then collect up some leaves and fill in their shadow. Can you use different items for their eyes, hair, mouth and clothes? When they move you can be sure that their shadow will stay. What other masterpieces can you make by rearranging what you find on the ground? Leaves, twigs, branches, nuts and seed heads are all great for this.

Catwalk "umbrellies"

See if you can find any old umbrellas and wellies – "umbrellies"! Use some of the autumn treasures that you find to decorate them. Why not add some recycled materials from your junk modelling store? Then you can model your new look "umbrellies" in your very own cat walk fashion show or competition amongst your friends for the most creative "umbrelly". You could make new look coats and hats too.



Walktober wellies competition



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