National Walking Month



What is National Walking Month

National Walking Month is a month-long awareness event held in May every year where schools across the world join forces to promote walking to school. It is an event organised by the British Heart Foundation, which aims to encourage fun events and activities to be run to raise awareness about walking to school. Although at this time we are unable to walk to school, we still wanted to celebrate this event.

There are many benefits to walking:

- Walking is an excellent exercise and walking regularly can keep us fit and healthy.
- It is also good for the environment. It is the most environmentally friendly way to travel.
- Walking can also make you feel more positive and ready to start the day.

Here are some fun activities to celebrate National Walking Month. **We would love you to share your learning with us either by email or on our school twitter** @EllisonPrimary

☺ Enjoy!

Read and Design

In this story Super Cat helps to teaches a little boy called Sam how to cross the road safely.

Google Drive Link – Super Cat.

Can you design your own road safety poster? Maybe you could put it in your window at Home?



Design

Design your own poster to encourage others to walk more. You could include facts and pictures.

Landmarks

What landmarks or interesting buildings do you pass on your daily walk? You could create some art work to show a historic building or research a landmark.



Explore

Explore local maps online and see if you can follow one on your daily walk. You could plan a route and give directions to members of your family.

Senses walk

When you go on a walk think about your senses. What can you smell? What can you see? What can you hear? How do you feel?



True or False.

How much do you really know about walking? See if you can get ten out of ten on our true or false quiz.

https://drive.google.com/open?id=1xM0lwDFVgQZ-dhzcJvl06Yels6Ymgkc



Wacky Walks

Try walking and moving in different ways. There are some ideas on this link.

Google Drive Link – Move at Home.

Most of these can be done inside. You could also come up with your own wacky walk and teach it to a family member. Why not film each other and share it with Other family members, like Grandparents, to make them smile.







The day I reached the North Pole

If you are standing at the North Pole, any direction you choose to walk in will be south. Imagine that you are an explorer keeping a diary. What would you write about? You could research the North pole. Here is a link with some ideas. You can write your diary or discuss it with a member of your family.

Google Drive Link

Nature hunt

A walk is a great time to explore nature. During your daily walk you could go on a hunt. You could hunt for evidence of spring or different animals. You could create your own checklist before your walk or use one of the links.

Google Drive Link – Spring Hunt.

Google Drive Link – Nature Walk.

Google Drive Link – Scavenger Hunt.

You could also start a small scrapbook to record information about plants and animal species that you see. It could include photos, plant sprigs, sketches or tables to record plant growth throughout the week. You could create some nature art work using different resources like the pictures.





Footprint Art

Create your own art using your feet! Be as creative as you can. You could use paint or do a collage. We can't wait to see your designs!





Captain Tom Moore

Captain Tom is a former British Army officer who served in the Second World War. At the age of 99 and with his 100th birthday approaching Tom decided that he would walk 100 laps of his garden (25m), to raise money for NHS charities to help combat the Corona virus. He was hoping to raise £1000. Have a look to see how much he has now raised! Tom shows that whatever your age, young or old you can make a difference in the world, even with something as simple as walking.

Do you think you could set yourself a walking challenge? Maybe you could walk around your garden, stairs or even your bedroom. Why not write Tom a message on these special cards? https://drive.google.com/open?id=1y_kDMqtTw3YeD6ju4CWqPLoz5swOAitx

Captain Tom has even released his own song with singer, Michael Ball, and at the age of 100 the song became number 1! Click here to have a listen. https://www.youtube.com/watch?v=wUP-ty-Tj5E

Going on a bear hunt

https://www.youtube.com/watch?v=Waoa3iG3bZ4

Have a go at acting out the story or make up your own creative story about walking and exploring.

You could even go on your own bear hunt. Many people have placed bears in their windows for you to spot on your daily walk.

Music

You may be surprised to hear, but there are lots of songs about walking. Have a listen and see what walk you can do for each song. Do you march, skip or stomp? Do you walk fast and briskly or slow and steady. Can you find any more songs about walking?

Walk Like An Egyptian https://www.youtube.com/watch?v=Cv6tuzHUuuk

I'm Gonna Be (500 Miles) https://www.youtube.com/watch?v=tbNlMtqrYSO

Walking On Sunshine https://www.youtube.com/watch?v=iPUmE-tne5U

Walk Of Life https://www.youtube.com/watch?v=kd9TlGDZGkI

These Boots Are Made For Walking https://www.youtube.com/watch?v=SbyAZQ45uww

