

## Active travel

Research shows that active travel to school makes children more alert and ready to face the school day than if they had arrived in a car: walking, cycling or scooting to school wakes up the mind and body.

The Chief Medical Officers' recommendations include vigorous intensity exercise to strengthen muscle and bone at least three days per week.

## Mood & concentration

Research shows that 15 minute bouts of aerobic exercise - including walking, cycling, and scooting - can significantly increase positive mood and decrease negative mood amongst younger children.

Active travel can increase concentration by up to four hours.



## Cost saving

Potential savings you could make by scooting to school in term time.

| Distance to/from school | One mile | Two miles |
|-------------------------|----------|-----------|
| Scooting 1 day a week   | £87.50   | £175.00   |
| Scooting 2 days a week  | £175.00  | £350.00   |
| Scooting 3 days a week  | £262.50  | £525.00   |
| Scooting 4 days a week  | £350.00  | £700.00   |
| Scooting 5 days a week  | £437.50  | £875.00   |

Figures have been calculated on a total motoring cost (including insurance, depreciation, servicing and petrol) of 55.74p per mile (the average figure in 2012 according to the RAC) and making two round trips a day.

## Walking

Walking is known to improve academic performance. Children arrive brighter and more alert for their first morning class. In a UK Department for Transport survey, nine out of ten teachers said their students are much more ready to learn if they've walked to school. Walking reduces stress and increases creativity, both of which will help a child's performance at school.

## Traffic awareness

Children who walk, cycle, and scoot to school from an early age develop road safety awareness and are less vulnerable when they walk independently to secondary school. Learning at a young age helps children gain a greater awareness of traffic and the ability to travel safely.

## Emissions

Road transport accounts for 22 per cent of total UK emissions of carbon dioxide (CO<sub>2</sub>) - the major contributor to climate change.

## Benefits of activity

Physical activity can encourage healthy growth and development, maintain a healthy weight and reduce anxiety and stress. It can improve muscular strength, endurance and flexibility in children and adolescents.



# Yarmouth Church of England Primary School Travel Plan

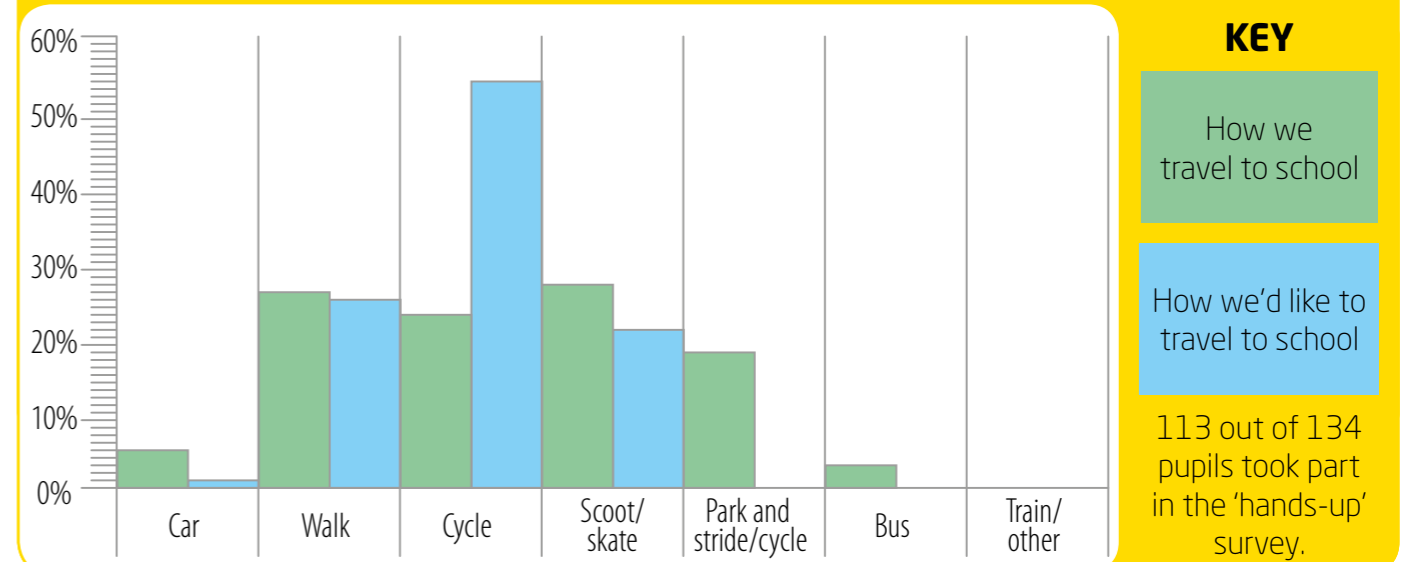
Yarmouth Church of England Primary School encourages and supports the whole school community to travel more actively and sustainably where possible.

Studies show that travelling actively can help develop physical and mental well-being, social interaction, independent travel skills and good road sense. This helps ready our children for when they leave Yarmouth Church of England Primary.

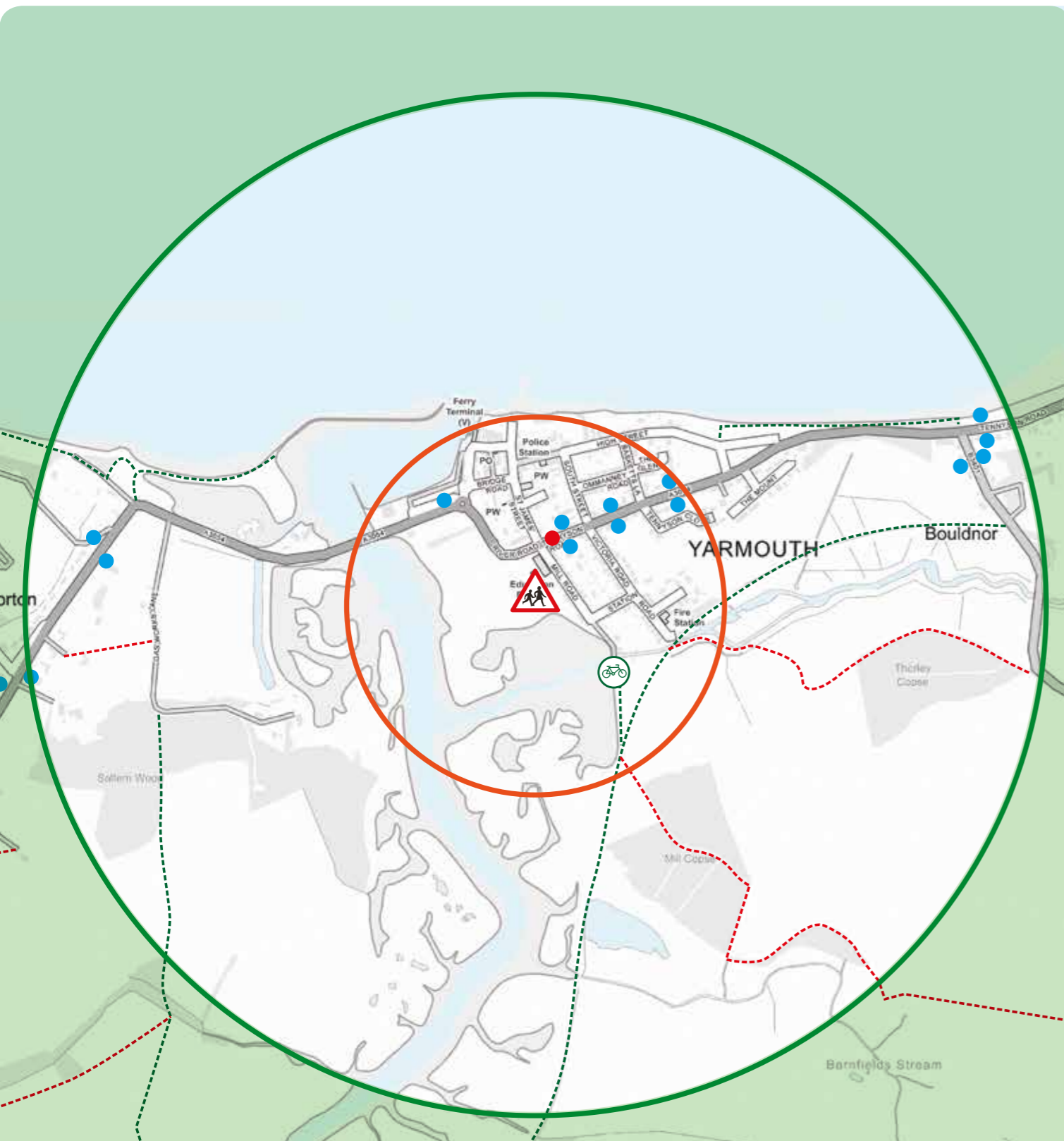
We work with a range of external providers, such as Sustrans and the Isle of Wight Council, to keep up-to-date with any appropriate schemes or grants that help us deliver this policy.



## How we travel to school and how we'd like to travel to school







### Key

|  |                      |  |   |
|--|----------------------|--|---|
|  | School location      |  | Bus Stop                                  |
|  | 15 minutes walk zone |  | Pedestrian crossing                       |
|  | 300m exclusion zone  |  | Footpath                                  |
|  | Free Park & Stride   |  | Off-road cycle route                      |
|  | Railway Station      |  | Byway, bridleway and off-road cycle route |

### Walk one mile

One mile of walking equals two thirds of the recommended daily sixty minutes of physical exercise. On the map, the outer green circle is half a mile from the school.

**1 mile = 60/40 minutes RDPE**

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### School facts

**Name**  
Yarmouth Church of England Primary School

**Location setting**  
Small town

**Children on role**  
134

### Initiatives and training

**Programs/training**  
Bikeability and pedestrian training.

**Initiatives**  
Big Shift, Big Pedal, Walk the Wight, Sport Relief, other active travel challenges

**Clubs**  
Skateboard club

### Highway assessment

**Speed limit outside school**  
30mph

**Pavement access to school**  
Yes, in average condition.

**Dropped curbs**  
At junctions and the crossing.

### Local sustainable routes

**Bus service**  
The nearest stop is a couple of minutes from the school, with buses serving Newport every 30 minutes.

**Bridleways/footpaths**  
Cycle path is 2 minutes from the school, and 15 to 20 minutes from Freshwater.

**Signed/designated crossing points**  
Pelican crossing on River Road, 30 seconds from the school.

### Existing travel

**Number of staff walking or cycling**  
0

**Where do pupils travel from?**

- 15% of children live within one mile of school.
- 17% live outside of two miles.

**Current travel methods:**

- 83% of children are driven to the school gate
- 10% of children walk to school.
- 5% of children cycle or scoot to school.
- Given the choice 43% of children would like to cycle to school, and 12% of children believe the car is their best option.

### Parking facilities

**On site storage**  
12 bike places, uncovered.

**On site car parking**  
16 staff spaces and 3 visitor spaces.

**Parking restrictions around the school**  
Double yellow lines.

**Distance from school to available on-road car parking**  
One minute walk to large car park.

**Potential park and stride location**  
One minute walk to large car park.

