**6. Action Plan**

**Children need to walk and ride more**

**Criteria 6** The school promotes walking or riding through a whole-of-school activity at least one day per term.

**Why is this criterion important?**

Walking and riding are great ways for children to increase their participation in physical activity as a regular part of every day. This is an important form of daily physical activity which some children are missing out on. Whole of school activities promoting walking and riding to school help families realise just how easy, cheap and fun it can be. There are many reasons why children are not walking and riding to school and a whole of school approach to promoting active transport can help overcome these barriers.

**To Do List**

Use the following table to help plan what actions need to be taken to meet the criteria

|  |  |  |  |
| --- | --- | --- | --- |
| **What**  *What action needs to be taken? (Planning, promotion, education, staged approach)* | **How**  *How will it be done? (eg program used, curriculum links, newsletters, meetings )* | **Who**  *Who will be responsible for organising the action?* | **When**  *When is it to be completed?* |
|  |  |  |  |

This is a Healthy Tasmania initiative 2017