



National Ride2School Day 2019

Friday 22 March

What is National Ride2School Day?

Join more than 350, 000 students across the nation, who will ride, walk, scoot and skate to school. For some students it might be their first time actively travelling to school while for others it's an opportunity to celebrate what they do every day.

How do you get involved?

Ride, walk, scoot or skate with your child to school on Friday 22 March 2019. If you live further away from the school you can drive part of the way and then ride, walk, scoot or skate the rest of the way.

The school will register online at ride2school.com.au and will count how many students actively travel to school on the day. All students need to do is participate on the day.

Why is it important?

Today, levels of physical activity are significantly lower when compared with statistic 40 years ago. The Ride2School team are working hard to reverse this trend.

60 minutes is the minimum daily requirement for physical activity for children under 18. By riding or walking to school this can help students get their daily requirements for physical activity.

Being active on the journey to school also provides the following benefits:

- Riding and walking to school reduces traffic around the school
- Students build confidence and develop independence
- Students who actively travel arrive at school alert and are more attentive in class

What is the Ride2School program?

Bicycle Network's Ride2School program works year-round to support schools to create and maintain active travel cultures.

