





Active Travel Checklist

Name: _____

Age: _____ Grade: _____

TRANSPORT CHOICE:	Bicycle 	Walk 	Scoot 	Skate 

THIS WEEK I TRAVELLED TO SCHOOL WITH MY GUARDIAN/OLDER SIBLING

1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS
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WHEN I CROSS THE ROAD, I SHOULD?

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MAKE SURE YOU PRACTICE THESE STEPS AT EACH ROAD CROSSING.

I KNOW THE WAY FROM MY HOUSE TO SCHOOL?	YES	NOT SURE >	If you don't know the way to school by yourself, you may need to practice a few more times with your guardian/sibling so you can feel confident.
HOW LONG DOES IT TAKE ME TO TRAVEL TO SCHOOL? minutes		
I CAN WALK WITH A FRIEND OR SIBLING TO SCHOOL?	YES	NOT SURE >	Talk to your friends at school who might live close to you and see if they would like to walk, ride, scoot or skate with you to school. If you are unsure who lives nearby, ask your school to hold a Ride2School Squad session. Details can be found on our website.
I HAVE WORKED OUT AN ACTIVE TRAVEL PLAN WITH MY GUARDIAN/SIBLING?	YES	NO, BUT I WILL >	Make sure you develop an Active Travel Plan (find out how in our parent portal) with your child.
I AM READY TO WALK, RIDE, SKATE OR SCOOT ON MY OWN?	YES	NOT YET >	Keep practicing all of the steps above until you are ready to ride, walk or scoot to school by yourself.