



SmartSteps®

Victoria Walks provides **SmartSteps®**, a collection of activities, tools and tips designed to help more Victorian children, families and communities to walk every day.

Whether you are a parent or guardian, school teacher or neighbour, there are many smart steps you can take to make your community a place where people can and do choose to walk every day.



SmartSteps® for Primary Schools

AusVELS Lesson Plans – Innovative lesson plans, created by teachers, with a walking theme. Plans are available for Foundation to Level 6 in English, History, Maths and Science.

Class Walkability Project – An enquiry-based curriculum project that enables senior level students to learn the importance of walking, and to recognise and respond to factors that are barriers to walking, while receiving the AusVELS curriculum.

Activity Sheets – Simple activities that can be used in a variety of ways.

Newsletter Inserts – Promoting the school's work to improve walking, and encouraging families to walk more often.



SmartSteps® for Secondary Schools

Year 7 and Year 9 Geography Unit Outlines and Lesson Plans – Based on the Australian Curriculum: Geography, developed in partnership with the Geography Teachers' Association of Victoria Inc. These lesson plans focus on fieldwork to audit and promote the places where secondary students live and places they enjoy visiting.



SmartSteps® for Families

- Fun ideas for family walks.
- How to create child-friendly streets.
- Quick and easy tips to start a Walk Together Group.



Family Resources

- Fun ideas for family walks.
- How to create child-friendly streets.
- Quick and easy tips to start a Walk Together Group.



Primary Schools Resources

- AusVELS Lesson Plans.
- Class Walkability Project.
- Activity Sheets.



Secondary Schools Resources

- Geography Unit Outlines and Lesson Plans – based on the Australian Curriculum: Geography.
- VCAL Resource for mapping walks.



SmartSteps® takes an integrated approach to promoting walking – connecting primary and secondary schools with families and the community.

Visit the website for all the **SmartSteps®** resources and more!

www.victoriawalks.org.au/smartsteps

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