



# Help children become healthier, happier and more active by walking

## Teachers



Want fun and ready to use lesson plans matched to the AusVELS curriculum?

Lesson Plans (Maths, English, History, Science) •

Looking to cultivate students' social relationships and community awareness?

- Class Walkability Project
- Walks Around My School

## School Community



Looking to improve traffic safety, congestion and speed around your school?

Class Walkability Project •

Want more students walking to school every day?

- Map Your Route to School

## Parents



Want your children to become more active and healthy, and get to know other local families?

- Map Your Route to School
- Walk Together Group
- Family Activity Sheets

Looking to improve traffic safety around where you live?

- Child-Friendly Streets





**Active children are more likely to be active adults. You can give children a lifetime of good health simply by encouraging them to walk more.**

**Dr. Ben Rossiter, Victoria Walks**

**Smart Steps supports teachers, parents and the school community to help children become healthier, happier and more active by walking. These resources can be easily adapted, used individually or in combination to suit your needs.**

- **Lesson Plans** – ready to use lesson plans in Maths, English, History, Science, matched to AusVELS curriculum. Foundation to Level 6.
- **Class Walkability Project** – help students understand, assess and improve walkability around their school, matched to AusVELS curriculum. Recommended for Levels 4 to 6.
- **Walks Around My School** – fun activity for students to map walks around their school, matched to AusVELS curriculum. Recommended for Levels 3 to 6.
- **Map Your Route to School** – a guide to choosing walking routes, with suggestions to involve other parents to create and share a map of the chosen route.
- **Walk Together Group** – ideas to support children to walk to school with friends and other local families.
- **Family Activity Sheets** – easy activities for families to get out and about in their local area.
- **Child-Friendly Streets** – tips and ideas to make local areas better for walking and playing.

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