

School Travel How to...



...Run Go Kinetic

What is Go Kinetic?

Go Kinetic has been designed to encourage more children to walk to school. Pupils are rewarded for walking, cycling or scooting to school with a stamp on a card (called a passport) and at a set number of walks (or cycles) to school pupils are given a reward. Rewards include zip-tags and pencils, free swimming sessions and half- and all-day activity sessions at local leisure centres. The scheme has been designed as a framework, meaning you choose how you implement the scheme.

Why run Go Kinetic?

- Encourage pupils to walk to school
- Reduce traffic outside the school gate and improve Road Safety
- Raise pupils level of physical activity
- Being 'green'

Before you start

Some questions for you to answer:

1. How many days a week? If not everyday, which days? (Launch with a full week and then drop back to once or twice a week, run once/twice a week)
2. Who is going to stamp the cards? (School Council, staff, parent etc.)
3. Where will the cards be stamped before school? (in the playground/class room)
4. Where are the children to walk from? (Suggested places to park and stride if pupils live too far away to walk the whole way)
5. For those families who live close to the school/pupils catching the bus will they be able to participate if they do an 'alternative' walk? (eg. walk around the playground a set number of times before school)
6. Do you want to run Kinetic League as an inter class/house competition?

Once you have decided how you would like to run the scheme you need to order your resources from West Berkshire Council and choose a date to launch the scheme.

Resources required:

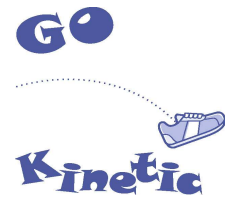
- Go Kinetic Passport per child
- Stampers/stickers to record walks to school on the passport
- Rewards (zip-tags/pencils)
- Parent Handout
- Launch Poster
- Kinetic League Posters (if required)

Although these are the resources suggested by WBC you can pick and choose which resources you would like to use for your version of the scheme. Details of how to order resources and an order form are included at the end of this document.

Launching Go Kinetic

For Go Kinetic to have the best impact on children travelling to school it needs to have a high profile launch event where pupils are told about the scheme and what they need to do to participate! Our resources pack includes an assembly presentation for your school to share with the children.

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Best Passport Cover!

The Go Kinetic Passports have been designed with a blank space on the front cover. Go Kinetic can be launched with a competition to design the best cover– the one that really gets the message across – it's healthy to walk, it can be done with friends and family and is great for the environment! If the competition is undertaken as homework, then it begins the process of involving the families. The passports are then collected in a judged. This could be by the Head Teacher, School Council or Governors. The winner(s) can then be announced in another assembly after which the scheme starts properly. (Make sure you've handed back the passports to their owners!)

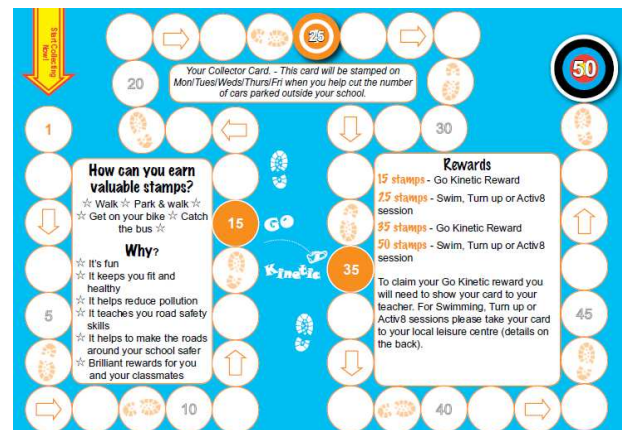


As part of the Go Kinetic Launch handouts/information leaflets are available to be sent home to parents as well as a range of posters to advertise the start of the scheme in your school.

Rewards

The Go Kinetic scheme provides lots of prizes for the children involved.

15 stamps	Zip tag
25 stamps	Free swim, Turn Up or Activ8 or session at a leisure centre
35 stamps	Pencil
50 stamps	Free swim, Turn Up or Activ8 session at a leisure centre



Zip-tags and pencils need to be ordered (see below for how) but sessions at the leisure centres are redeemed at the leisure centres. Pupils need to take their card with them to the leisure centre and show it on entrance to receive their free session.

Other rewards could be planned and organised by your schools eg. house points, extra play time, non-uniform days.

Kinetic League – a competitive extension of the scheme

This is an optional extension to the scheme to help maintain momentum. It is often a useful addition to the scheme once it has been up and running for a few weeks/months if pupils seem to need an extra bit of motivation!

How it is run is completely up to you! It can be inter-class, inter-house (or any other division within the school) and there is a Go Kinetic cup available for the winning class/house (or the class/house that have got the furthest by the end of the week/fortnight/month/half term.

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Once a pupil has 4/5 stamps in their passport, he/she receives a sticker. This is stuck on the Kinetik League poster for their class/house). The **Go Kinetik Cup** is awarded to the class/house with the most stamps. This is often best done during a whole school assembly to keep everyone's interest in Go Kinetik. There are two Kinetik League posters available, round Britain or West Berkshire.



Ordering Resources:

To order your Go Kinetik resources please visit our website at www.westberks.gov.uk/traveltoschool and complete our online order form, selecting Go Kinetik from the drop down list. If you have previously taken part in Go Kinetik, and you just need a few extra resources, use the guide below, and note it down in the any other comments section of the online order form.

The table provides a rough guide to the resources you may need to start up Go Kinetik.

Resource	Suggested number
Go Kinetik Passports	1 per pupil + some spares
Parent handout	1 per family + some spares
Launch Poster	3-4 per school (A3), or 1 per class (A4)
Passport stickers	10 sheets
Zip-tags	50% of pupils (or 100)
Pencils	30% of pupils (or 100)
Kinetik League poster	1 per class or 1 per house
Kinetik League cup	1 per school
Small stickers	3 sheets per Kinetik League poster

If you have any questions or you would like to contact us, email the school travel plans team at schooltravelplans@westberks.gov.uk