



University of Glasgow.

Learning for Sustainability (LfS) and Active Travel

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Purpose of Today

Learning Outcomes

- Learn who the Walk Wheel Cycle Trust are.
- Discover the benefits of embedding active travel behaviours in schools.
- Identify ways of linking active travel to Learning for Sustainability (LfS)
- Identify useful classroom resources and opportunities for you in the classroom.
- Questions.

We make it possible for everyone to walk, wheel and cycle.

Because it changes everything. Our health. Our wellbeing. Our world. We're a UK-wide charity making it possible for everyone to walk, wheel and cycle with an impressive history stretching back almost 50 years.

We call it people-powered movement

Walking, wheeling and cycling might sound like small actions. But they add up to something much, much bigger. They ripple out and change everything.



Photo: Walk Wheel Cycle Trust

How we accomplish this



Influencing & Policy

- Funding new active travel infrastructure
- Research and publications
- National and regional presence



Professional support

- Training
- Guidance
- Capacity building



Technical expertise

- Engagement
- Design
- Engineering

Strategic Objectives 2025-2030

1. Connected Neighbourhoods

 School Journeys

 New developments

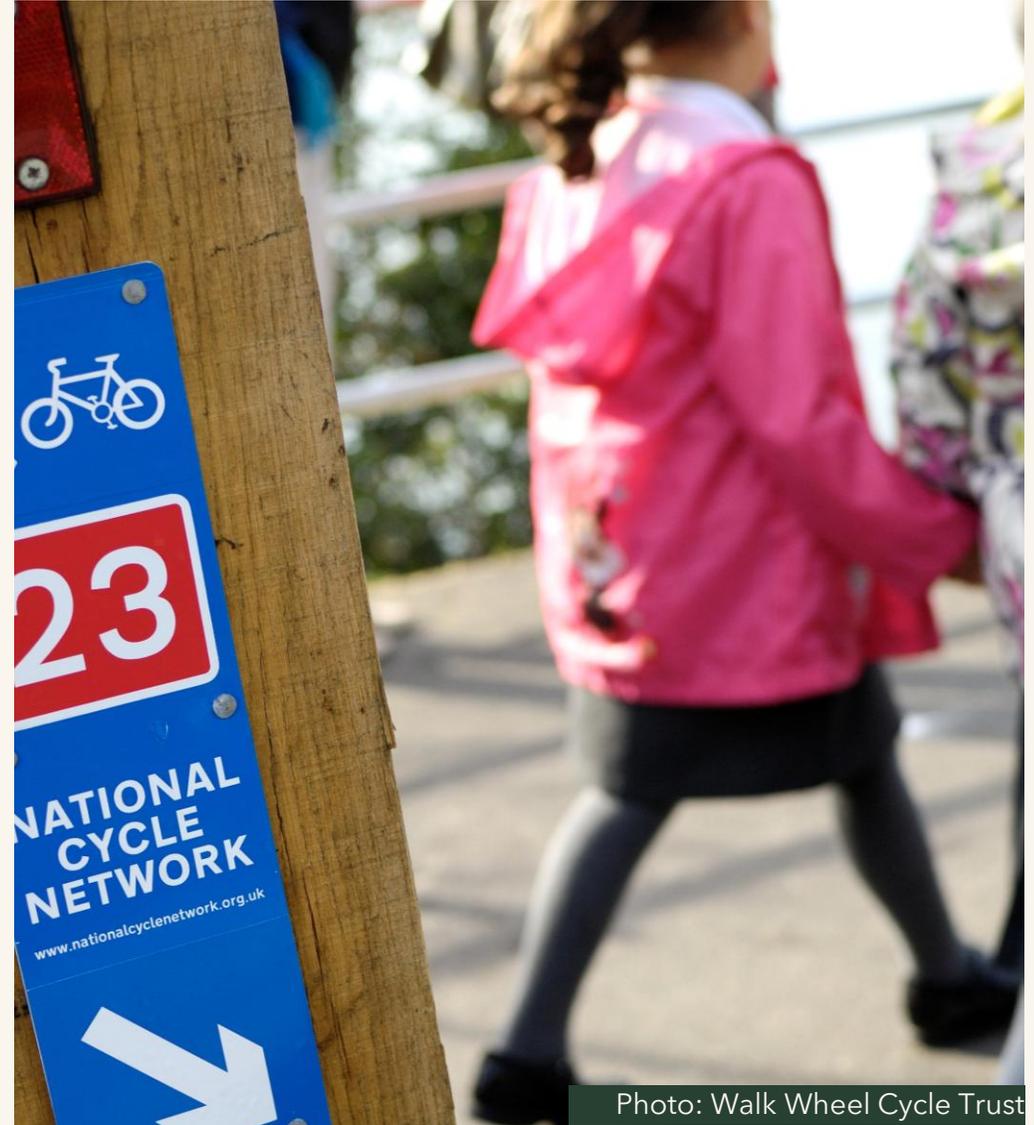
 Public transport integration

2. National Cycle Network

 Love it

 Fix it

 Green it



Did You Know?

- The average car journey in Scotland is 4 miles
- The majority of car journeys are under 3 miles
- Almost a third of car journeys are under 1.2 miles.

Why is this important?

Key Principles of Sustainable Travel

- **Active Travel:** A form of travel that involves physical activity, particularly walking and cycling as part of everyday journeys.
- **Public and Shared Transport:** Public transport, bus, train, car share, bike share. Reducing reliance on private vehicles.
- **Multimode travel:** Combining walking, cycling and public transport. Sometime called park and stride.



Image courtesy of Transport Scotland

What Are The Benefits of Active Travel for Young People?

- Physical and Mental Health
- Independence and Confidence
- Environmental Action and Social Impact
- Lifelong Habits
- Inclusion

*Once you start walking places, it becomes part of your life. Because I've been walking to primary school since P1, it stuck. **Fatimah, 12 from Dundee***

*I like cycling because it's good exercise and it's fun. It's like sitting and walking at the same time, but faster, like a car. I go so fast, I don't even know how fast I'm going! Bikes are more fun than the car. On bikes we don't have seatbelts, because we're the engines of it. **Ethan, 6 from Orkney.***



The 4C Model of a Sustainable Learning Setting

A sustainable learning setting is about what and how students learn, how the setting manages its physical environment and resources and how staff and learners relate to each other, how they work with their local community and how they reach out to the wider world.

Curriculum: Active travel can be explored through curricular areas like health and wellbeing, social sciences and science.

Campus: Schools can support active travel with secure bike storage; young people could be involved in audits of the school campus to identify barriers to active travel.

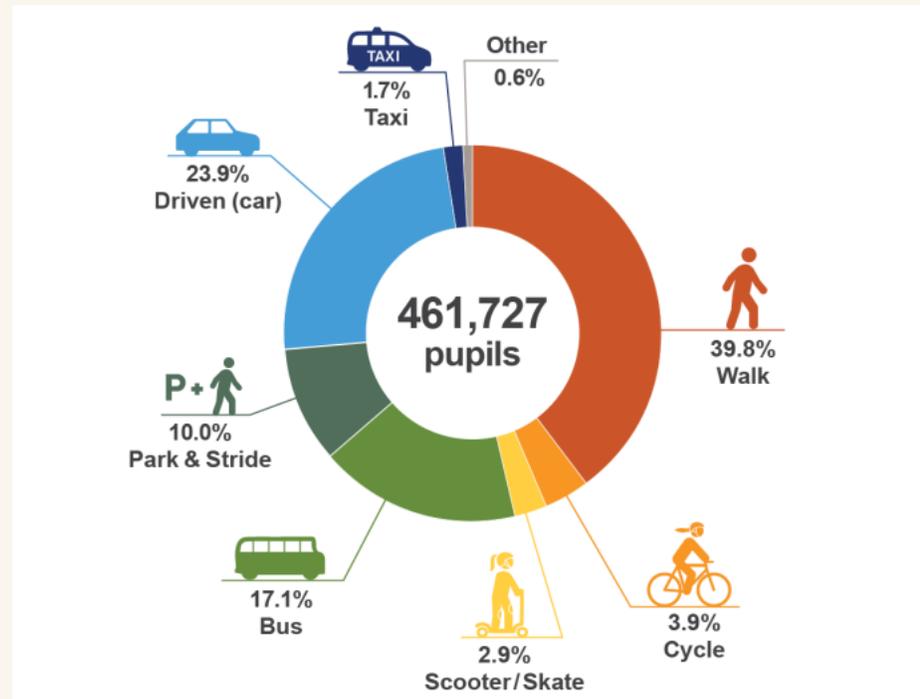
Culture: Promoting active travel builds a culture of health and wellbeing, independence and environmental responsibility which fosters a positive school ethos.

Community: Collaboration with parents for example or community groups to develop a school bike bus.



The Hands Up Scotland Survey (HUSS)

HUSS is the largest national dataset in school travel and looks at how pupils across Scotland travel to school. Children and Young People across Scotland are asked one question **“How do you normally travel to school?”**



National Travel Modes: The Proportion of participating pupils travelling by different modes

The Big Walk and Wheel

Big Walk and Wheel inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

You can sign up and be a promoter for your school.

When is it? March 16th for 2 weeks



The dashboard displays the following performance metrics for Royston Primary School:

Your school's performance so far...	
812	Total journeys The total number of journeys recorded in Sustrans Big Walk and Wheel 2025.
79.48%	Daily average score This is your current average daily score based on a percentage of your school roll. If you take part in more than five days, this will be based on your best five days.
98 / 1196 Small primary schools	Overall position in challenge Based on your daily average score. View overall positions
N/A	Total journeys in Sustrans Big Walk and Wheel 2024 See if you can beat the number of journeys logged in last years challenge.

The overall leading class badge is held by... **P5/4 with 178 journeys**

Navigation buttons: Log your journeys, View resources, School settings.

Classes at your school: P7/6, P5/4, P4/3, P3/2, P1. [Manage your classes](#)

Track other schools: Add schools to your list to track their progress. [View your list](#)

Share your progress: Share your school progress with your school community.



Create class posters to promote active travel.

Download pupil participation certificates.



During the Big Walk and Wheel: What can you do?



Create a school notice board and join our live lesson.



**Rights Respecting Schools Award
Eco Schools
Schools Sports Award**

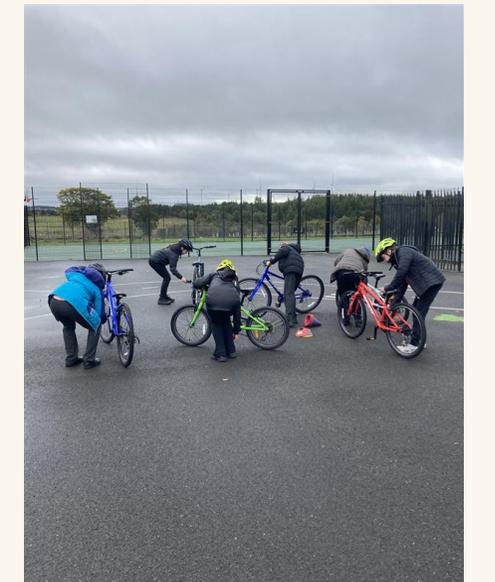
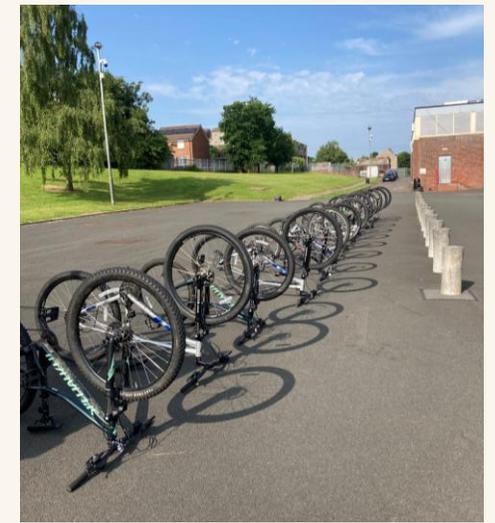


Ibike

Schools that are within the I Bike Programme have around 9% more active travel than the national average as shown by the Hands Up Scotland Survey (HUSS)

Ibike Officers work with schools to provide a programme of classroom and outdoor sessions tailored to meet the needs of the schools and young people.

CLPL Opportunities: teachers can work with the officers to be trained up as cycling instructors, cycle ride leaders and bike mechanics.



Photos: Shani Davidov, Ibike Officer



Additional Resources

[Active travel resources for teachers in Scotland.](#)

[Big Street Survey - Walk Wheel Cycle Trust](#)

[FRideDays Bike Bus Toolkit](#)

[Childrens Walking and Cycling Index](#)

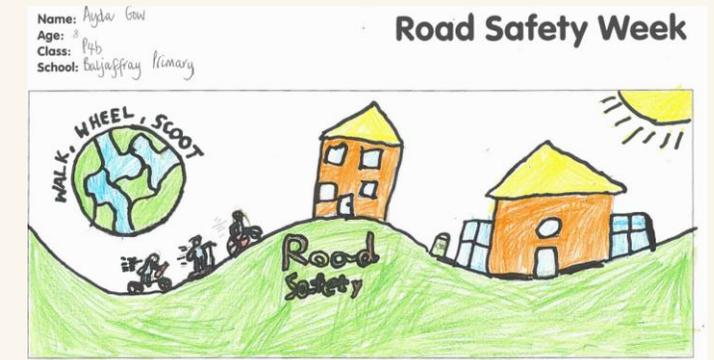
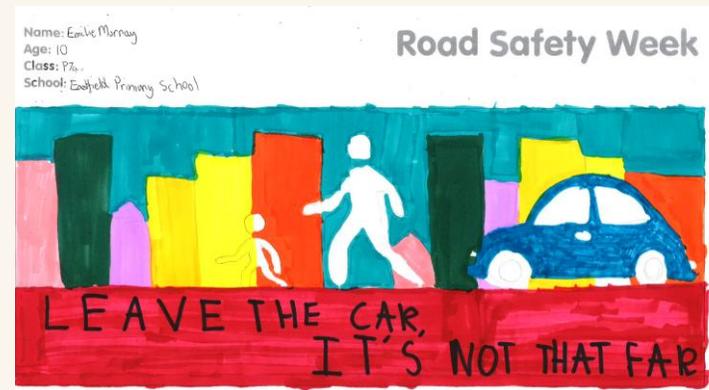
[Link your teaching and learning to National Days/Weeks of Action](#)

Scotland's Climate Week: October

Road Safety Week: November

Mental Health Week: May

International Walk to School Week: May



External Resources

Organisation	Description	Webpage
Living Streets	WOW Street Tracker	Home Living Streets
Walking Scotland	Walking Schools	Walking Scotland
Cycling Scotland	Bikeability	Home Cycling Scotland
Cycling UK	Play together on Pedals	Cycling UK Happier, healthier and greener lives through cycling
Scottish Cycling	Rock up and Ride	Scottish Cycling - From the playground to podium - and everything in between
Parents for Future UK	Parent Partnership Working	Home - Parents for Future
The Daily Mile	Walk a mile during the school day.	Home The Daily Mile
Local Authorities	Junior Road Safety Officers (JRSO)	JRSO - Road Safety Scotland
Walk Wheel Cycle Trust	The Big Walk and Wheel	Contact: lorna.conway@walkwheelcycletrust.org.uk Primary school lesson plans - Sustrans Big Walk and Wheel 2025
Walk Wheel Cycle Trust	Ibike Officer for Dumfries	Contact: briony.kincaid@walkwheelcycletrust.org.uk
	Ibike Project Manager for Dumfries and Galloway.	Contact: Annick.laroque@walkwheelcyclterust.org.uk

Local Contacts

Description		Webpage and Contacts
<p>If you are interested in purchasing a refurbished bike, please contact Rhian at The Dumfries Bike Shed, located at The Crichton. They sometimes allow you to return the bikes when you no longer need them.</p>		<p>https://dumfriesbikeshed.co.uk/index.php/shop/ Or contact them through their weblink https://dumfriesbikeshed.co.uk/index.php/contac-us/</p>
<p>Thursday led rides, led by myself and volunteers start at Dumfries Station, 1pm. Also opportunity for on road cycling skills and confidence training, all free to attend. Bikes are provided for the sessions.</p>		<p>(20+) Facebook Annick.laroque@walkwheelcycliterust.org.uk</p>
<p>Cycling Dumfries are a local activist cycling group. They lead regular rides throughout the year, own bike needed, cycling at the speed of chat.</p>		<p>https://cyclingdumfries.wordpress.com/</p>
<p>There is potential for a limited number of bikes to be loaned to students, to help get about sustainably, for a small deposit, refundable on return of bike in good condition. Please do contact me if you are interested.</p>		<p>Annick.laroque@walkwheelcycliterust.org.uk</p>
<p>Online Dumfries cycle routes map Other local maps here</p>		<p>https://www.dumfries-and-galloway.co.uk/sports/cycling-routes/Dumfries.pdf https://www.dumfries-and-galloway.co.uk/sports/cycling.html</p>



Walk Wheel Cycle Trust is the charity making it possible for everyone to walk, wheel and cycle.

We work directly with communities to make change happen. Then we evidence the impact to influence policies that push those changes further.

Because people powered movement changes everything. Our health. Our wellbeing. Our world.

Find out more at
www.walkwheelcycletrust.org.uk

Walk Wheel Cycle Trust is a registered charity no. 326550 (England and Cymru), SC039263 (Scotland) and 20206824 (Republic of Ireland)

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