

#30 Active and Autonomous Kids

Arizmendi Ikastola Eskoriatza, Basque Country
Spain

Physical
Activity

Physical
Education

HEPAS

School
Sport

Healthy
Lifestyle

Active transport

DESCRIPTION:

During the year 2016, Arizmendi Ikastola carried out a survey on the means of transport used by children to get to school. The survey (attached) showed that 69% of kids using non-active means of transportation (car, bus).

A motivation campaign was put in place to make kids and families aware of the benefits (physical, environmental, self-esteem due to greater autonomy...) of active transportation.

Workshops and activities about cycling and were conducted during the 2016-17 school year and parking facilities for skates and bicycles were created. At the same time, progressive restrictions on cars were approved by the school council to limit road access to the school and force kids to walk at least 300 m (then 400m, then 600m in the following years).

Nowadays, the situation has completely changed and Arizmendi Ikastola at Eskoriatza has hundred of skates and bicycles parked everyday. More than 60% of kids no longer use the car or bus to get to school.



COGNITIVE ENGAGEMENT

Commitment, respect and care for peers (wait for peers, learning to be on time, being capable of reacting and helping peers when an incident occurs, self-protection...).

Learn about one's own potential and be capable of acting without help from an adult.



IMPACT ON ATTITUDES

Teach and motivate adults to not use cars and become more active as well. Identify what is healthy and what is not in life.

ORGANISATIONAL NEEDS

Implementation needs: Identify and mark safe routes / paths to school that can be used. Places to park skates and bicycles. Leaflets to motivate kids and parents. Major implementation steps: Situation assessment (survey). Project design and planning for implementation.

Approval from principal and information provided to the municipality. Development of the campaign and educational activities.

Assessment of outcomes: Number of skates and bicycles parked at the school (objective indicator). Yearly survey on kids' preferences for how to get to school and other places.

If you want to know more about the practice

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The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

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