

Five-day Walking Challenge – 17th-21st May 2021

The five-day walking challenge organised by [Living Streets](#), a UK charity, is an annual celebration of walk to school and the perfect activity to celebrate [National Walking Month](#) this May. **#WalkThisMay**

Living Streets is the UK charity for everyday walking. Their mission is to achieve a better walking environment and inspire people to walk more. A generation ago, 70% of us walked to school – now it's about half. Living Streets want to reverse this decline. They want children to be energised and empowered, and to make walking to school their natural choice.

Each year Living Streets puts together a fun themed challenge to take on while walking to and from school

Welcome to the five-day Walking Challenge 2021: [WALKING SUPERPOWERS](#)

This year's challenge will focus on the walking superpowers that benefit individuals, communities and the planet. Each day pupils will be introduced to a brand new 'Walking Superpower' taking the form of a fun **comic-book inspired design**. Classes are encouraged to work collectively to make as many active journeys to school as possible across the week. Each day, the number of active journeys made will be recorded on the classroom wallchart and the class will learn about a new walking superpower.



The children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help **create healthy habits for life**. Walking has so many benefits from physical to mental wellbeing; aiding concentration and creativity and creating safer, less polluted and more welcoming streets. All that makes for a happy, healthy child set up for success in and out of the classroom.