

#ESSD2026



STEP, PEDAL, MOVE -
ACTIVE MOBILITY IN SCHOOLS

European School Sport Day
Focus Topic Toolkit

*Helping you bring European School
Sport Day into your community*

Use this toolkit to
get your school on the MOVE!

EUROPEAN SCHOOL SPORT DAY®: GETTING SCHOOLS ON THE MOVE!

*What if every child could #BeActive in school with sport and play?
What if every school took one day to celebrate sport in Europe?
Could it help students to kick-off a lifetime of health and fitness?*

*We say YES. And we're doing it with European School Sport Day,
known as 'the Day' or ESSD.*

The European School Sport Day is co-funded by the Erasmus+ programme of the European Union.

The European School Sport Day is also supported by the European Commission, and is part of the European Week of Sport's #BeActive campaign.

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#BEACTIVE
EUROPEAN WEEK OF SPORT



Co-funded by
the European Union

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1

THE AIM OF THIS TOOLKIT



On a typical school day, children spend approximately half of their waking hours at school, highlighting the key role of the school environment in shaping daily physical activity and health-related behaviours (WHO, 2018).

OPPORTUNITIES FOR PHYSICAL ACTIVITY AT SCHOOL

Children can increase their daily physical activity in a variety of ways within the school setting, including:

- during PE (physical education) classes,
- in short active breaks between lessons,
- through school sports clubs or extracurricular activities,
- by active break into regular classroom lessons,
- during after-school training sessions or practice,
- **and by walking, cycling, or using other active transport to get to and from school.**

THIS TOOLKIT FOCUSES ON PROMOTING ACTIVE MOBILITY WITH THE FOLLOWING OBJECTIVES:

- To support an increase in daily physical activity among school-aged children;
- To help create a school environment that encourages and facilitates active transport;
- To promote active, environmentally friendly travel solutions with the involvement of students, school staff, and parents;
- To encourage schools to participate in international initiatives and events aimed at achieving shared goals;
- To assist schools in successfully planning a multi-day event, allowing them to experience firsthand the benefits of active mobility.

WHO CAN BENEFIT FROM THIS TOOLKIT?

For teachers, including both physical education teachers and classroom teachers;

To support national coordinators of the European School Sport Day (ESSD) in implementing the 2026 focus topic;

For other professionals committed to promoting active mobility.

The primary goal of this toolkit is to help make active commuting a natural and enjoyable part of children's daily routines.

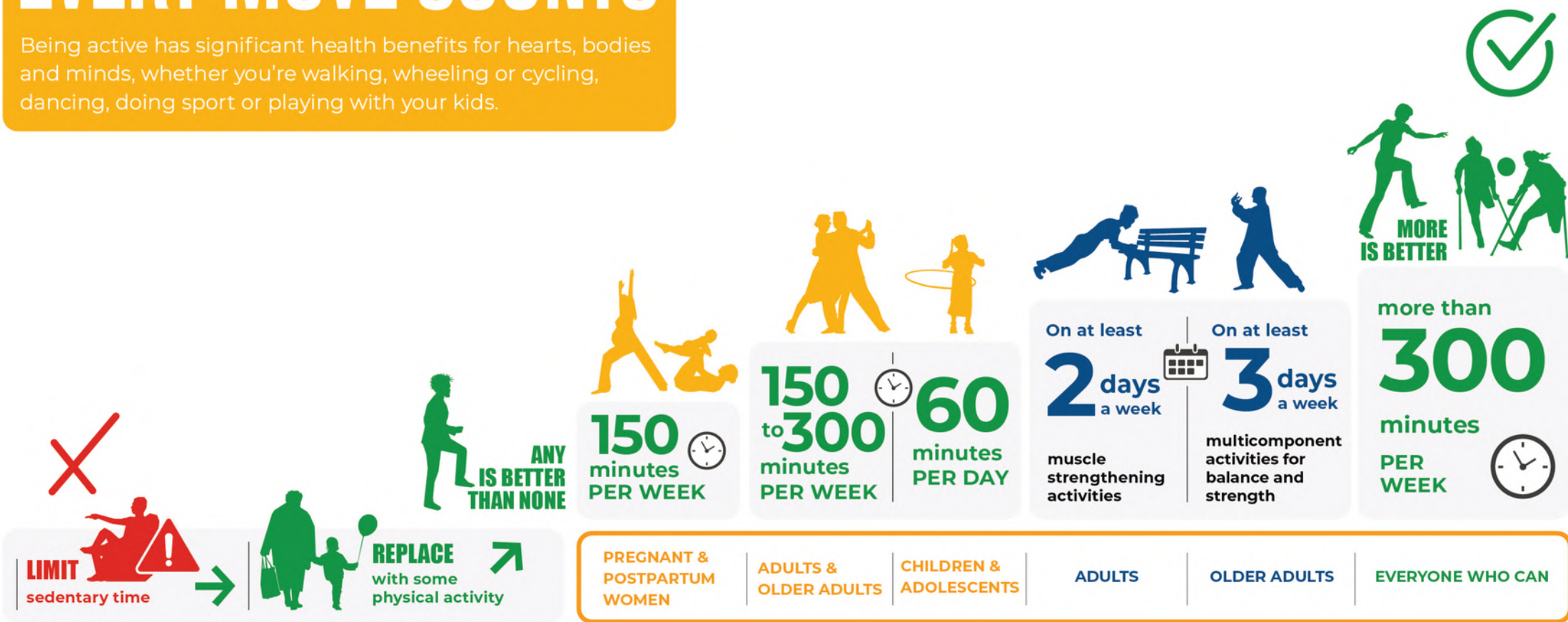
2 INTRODUCTION



The WHO-recommended daily 60 minutes of moderate- to vigorous-intensity physical activity provides numerous benefits for school-aged children (WHO, 2020). Regular physical activity contributes to improved physical health, has a positive impact on mental well-being, and supports the development of social skills.

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



The daily level of physical activity in childhood can be increased through several domains, among which active mobility to and from school—such as walking, cycling etc. — plays a particularly important role. Travelling to school in the morning and returning home after lessons provide two daily opportunities to increase physical activity. Promoting and maintaining walking to school is especially important, as it can support children’s health and, in the long term, help reduce the risk of metabolic and cardiovascular diseases (Pizarro et al., 2013).

Previous research indicates that active mobility can contribute between 23–36% of the recommended daily physical activity among children and adolescents (Martin et al., 2016). Active commuting not only increases overall physical activity levels, but may also enhance children’s confidence, independence and decision making skills (Berasategi et al., 2022). Unfortunately, a decline in active transport has been observed in recent years, particularly in cases where the distance between home and school is greater or where adequate infrastructure is lacking.

Recognising the health, environmental and social benefits of active transport, the WHO [Global Action Plan on Physical Activity 2018–2030](#) considers active transport—particularly walking and cycling—as key elements in the creation of active environments and outlines action-oriented directions for the development of safe, health-promoting transport systems. In addition, the UN 2030 Agenda for Sustainable Development also addresses active transport as a key contributor to health, sustainable urban development and climate action.

WHY WALK, BIKE OR ROLL TO SCHOOL?

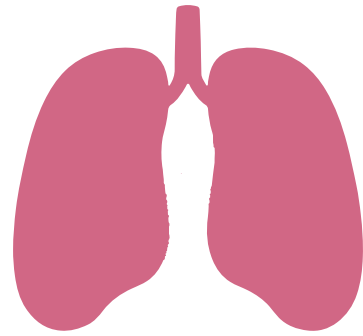


BENEFITS OF ACTIVE MOBILITY

HEALTH BENEFITS



Supports the cardiovascular and skeletal system



Reduces the risk of cardiovascular and respiratory diseases



Increases alertness and attention



Improves academic performance



Enhances sleep quality



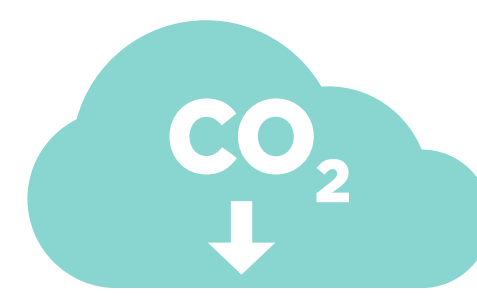
Promotes mental health



ENVIRONMENTAL BENEFITS



Improves air quality



Reduces greenhouse gas emissions



TRAFFIC AND SAFETY BENEFITS



Reduces road traffic and congestion



Decreases the risk of road accidents and injuries



Promotes traffic safe sustainability



SOCIAL AND COMMUNITY BENEFITS



Fosters a sense of belonging



Improves children's sense of orientation



Contributes to local area development



Strengthens friendships



4. How to promote active mobility?

Many international initiatives now promote active mobility in schools. We encourage your school to join these events and use the power of your community to help children lead more active, healthier lives.



INTERNATIONAL INITIATIVES

1. NATIONAL WALK TO SCHOOL DAY (WTSD) #WALKTOSCHOOLDAY

AIM: To encourage children to walk to school for one day – and ideally to adopt walking as a longer-term habit.

DESCRIPTION:

- Celebrated in October, on the first Wednesday.
- More than 40 countries take part in the initiative.

MORE INFORMATION: www.walkbiketoschool.org



2. NATIONAL BIKE TO SCHOOL DAY #NATIONALBIKETOSCHOOLDAY

AIM: To promote cycling as a regular and safe way for students to travel to school.

DESCRIPTION:

- Organised through annual campaigns, including cycling education and road safety training.
- In many places, these initiatives have expanded into month-long programmes, such as National Bike Month.
- They also support local infrastructure development, encouraging safer and more bike-friendly environments around schools.

MORE INFORMATION:

- [BYCS](#) (global and European cycling advocacy organisation)
- [Bringázz a suliba!](#) – Bike to School (Hungary, test phase in 2025)
- [Rowerowy Maj](#) (Poland)

INTERNATIONAL INITIATIVES

3. EUROPEAN MOBILITY WEEK

AIM: To promote sustainable mobility from 16 to 22 September.

DESCRIPTION:

- Schools often take part with their own activities, such as bike days, car-free days, or walking challenges.
- It provides an opportunity to showcase and test active school travel projects, encouraging more sustainable and healthy ways of getting to school.

MORE INFORMATION: mobilityweek.eu



4. WALKING SCHOOL BUS

AIM: To provide organized and safe group walking to school.

DESCRIPTION:

- Adults (parents, volunteers) accompany small groups of children along a set route, like a bus, and children can join at different “stops” along the way.
- Very effective at reducing car traffic around schools.

MORE INFORMATION: walkingbus.eu

INTERNATIONAL INITIATIVES

5. BIKEBUS (BICIBUS)

AIM: To encourage children to cycle to school safely and regularly, promoting physical activity, sustainable transport, and reduced car traffic around schools.

DESCRIPTION:

- Adults (parents/volunteers) lead small groups along a set route
- Children join at designated “bike stops”, like a bus
- Safety is key: helmets, road rules, cycling skills
- Can be one-day, weekly, or long-term programme

MORE INFORMATION: <https://bikebus.world> <https://bicibus.eu/en/>



6. SCHOOL STREETS

AIM: To make areas around schools car-free during morning and afternoon peak times

DESCRIPTION:

- Temporary or permanent traffic restrictions in front of schools
- Increases safety for pedestrians and cyclists
- Reduces accident risk and air pollution
- Already implemented in hundreds of schools across Europe

MORE INFORMATION: [School Streets for Safe and Sustainable School Trips - EU Urban Mobility Observatory](#)

INTERNATIONAL INITIATIVES

7. EUROPEAN MILE

AIM: To celebrate the joy of moving — by running, walking or rolling a mile — and to encourage inclusive physical activity across communities in Europe.

DESCRIPTION:

- Part of the NowWeMOVE campaign
- Short distance (1.6 kilometers; “the mile”)
- Focus on easy access and inclusiveness.

MORE INFORMATION: www.europeanmile.com



8. CIVITAS

AIM: To support cities in advancing sustainable, smart and inclusive urban mobility

MORE INFORMATION: <https://civitas.eu>

[illegible]

We explored some successful examples from around the world, here are some practical tips and ideas for schools who want to organizing their own school-based activities and events to.

WHO CAN GET INVOLVED IN SCHOOL ACTIVE MOBILITY?

To ensure the success of many program elements, it is important to inform parents and the school leaders about upcoming activities in advance. When necessary, local authorities and the police can also be involved, for example to deliver traffic safety presentations or provide guidance on safe routes.



Organising your own active mobility event offers an excellent opportunity for community building and shared physical activity. Almost everyone within the school community can be involved and take part, making it a truly inclusive and collaborative experience. Parents, teachers, student volunteers and local partners and government can be involved in the preparation phase through planning meetings, awareness-raising activities, route mapping, safety assessments and the coordination of roles and responsibilities.



PARENTS, GRANDPARENTS OTHER

Parents often express concerns related to active mobility, most commonly regarding road and personal safety, traffic conditions, and the availability of safe infrastructure such as sidewalks and cycle paths. Additional concerns may include long distances between home and school, time constraints within daily routines, unfavourable weather conditions, and questions about children's age, independence and readiness to travel actively. Recognising and addressing these concerns is an important step in building trust and encouraging parental support for active mobility initiatives.

Parents can support and contribute to active mobility initiatives in a variety of ways, including:

- Support route planning and safety discussions
- Assist with supervision during events or campaign days
- Encourage and model active mobility at home

WHO CAN GET INVOLVED IN SCHOOL ACTIVE MOBILITY?



TEACHERS *(including PE teachers and classroom teachers)*

Engaging teachers is essential for the successful planning and implementation of active travel initiatives within the school.

- Helping to plan and coordinate
- Integrate active mobility themes into lessons and school activities
- Coordinate planning and communication within the school
- Support student engagement and reflection activities



SCHOOL LEADERS AND STAFF

Active involvement of school leadership and staff ensures that resources, support, and coordination are in place for smooth implementation.

- Provide institutional support and approval
- Allocate time, space and resources
- Liaise with external partners



STUDENT VOLUNTEERS, STUDENT LEADER TEAM

Student volunteers play a key role in creating a motivating environment for promoting active mobility. A small team of 8-10 upper-grade students can act as facilitators. Their recruitment and mentorship (meetings etc.) should be supported by teachers. The goal is that after a while, they will be able to function independently and sustainably in everyday school life.

Tasks:

- Act as active travel ambassadors or peer leaders
- Help map routes and identify barriers or safety concerns
- Support event delivery and motivate younger students



LOCAL PARTNERS AND GOVERNMENT

Collaborating with local partners (non-government organizations: Local cycling clubs, Walking or hiking associations, Environmental organizations, Health or sports- focused charities, Traffic safety organizations) and government provides expertise, resources, and community support to enhance the safety and impact of active mobility initiatives.

- Provide expertise on road safety and infrastructure
- Support route assessments and safe travel planning
- Contribute materials, training or visibility

INFRASTRUCTURE REQUIREMENTS FOR ACTIVE MOBILITY IN SCHOOL



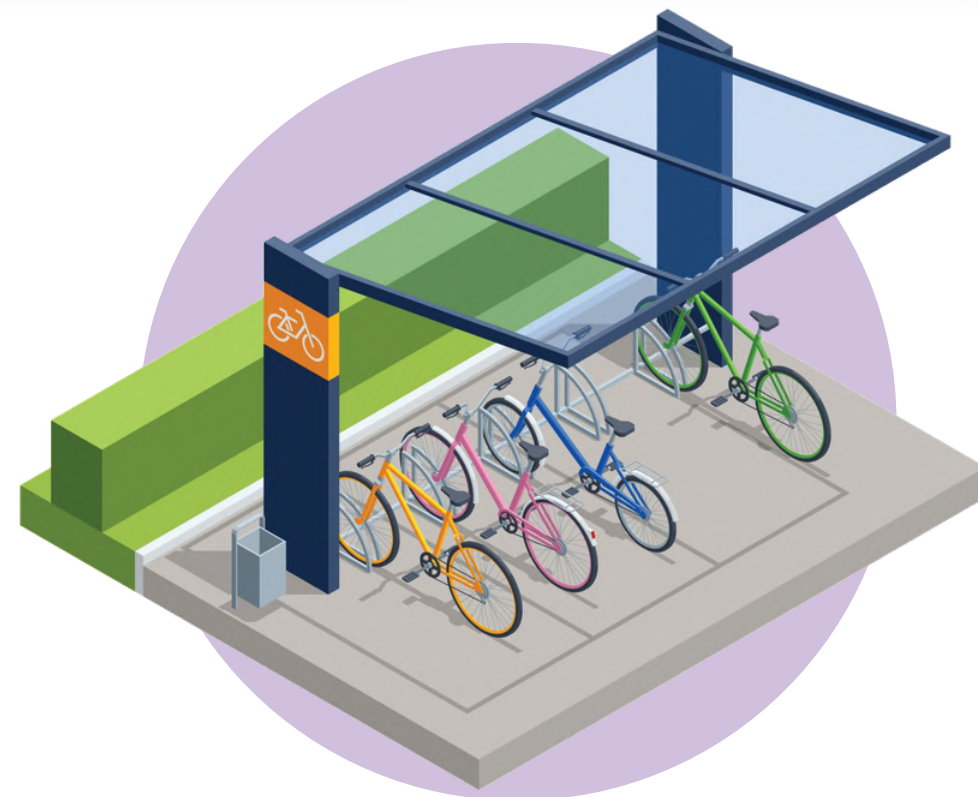
Successful implementation of active travel initiatives requires certain infrastructure and organizational measures. These include:



Promoting Walking Bus and Bike Bus events to encourage group travel to school.



Ensuring safe walking, cycling, and scootering routes around the school area.



Providing sufficient bicycle and/or scooter storage with secure facilities. Students and parents can safely leave their vehicles during school hours.



Where possible establish car-free zones around the school (at least within a 100-meter radius of the school entrance). This will require permission from the local municipality and support from the police.

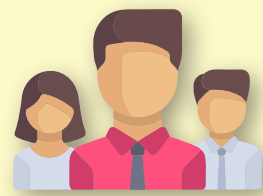


Obtaining any other necessary permits or approvals for school-based active mobility programs.

PRACTICAL TIPS FOR ORGANIZING ACTIVE MOBILITY PROGRAMS IN SCHOOLS

When planning active travel initiatives, schools can adapt the program to their own conditions and resources. The following practical tips can help ensure successful implementation:

1. Appoint program coordinators



Designate responsible staff members or student leaders to oversee planning, communication, and event delivery.

2. Create promotional materials



- Develop posters, flyers, or digital campaigns to raise awareness and encourage participation among students, parents, and staff.
- Create point-collection booklets where students earn stickers or stamps for participating in active travel activities.

3. Adapt to school conditions



Consider your school's infrastructure, student age groups, and available time when designing activities.

4. Set clear objectives and schedule



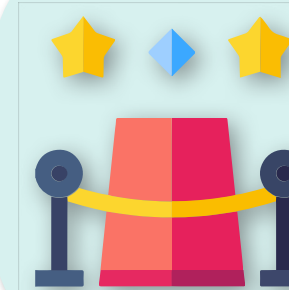
Plan specific goals for the initiative and establish a timeline for preparation and execution.

5. Involve the community



Engage parents, local authorities, Non-Governmental Organizations and volunteers to support and enhance activities.

6. Encourage participation



Offer incentives, recognition, or fun challenges to motivate students to take part. Schools can organize a closing ceremony to recognize participation, including the distribution of awards or prizes to students.

7. Evaluate and reflect



After the event, gather feedback from participants to identify successes and areas for improvement for future programs.

6. Ideas for active mobility in schools

The toolkit takes into account age-specific characteristics and learning needs: for primary school students, playful and experience-based activities are particularly effective, while for secondary school students, programmes that emphasise conscious decision-making, autonomy and social responsibility are more appropriate.

In the following sections, you will find a range of ideas tailored for all or separately for primary and secondary schools. All suggestions are flexible and can be adapted to the local context of each school, supporting the long-term integration of active mobility into students' everyday lives.



This toolkit is designed for teachers and provides practical ideas and inspiration on how to promote active mobility within the school community. The activities and approaches presented here can be implemented individually, but they also work very well as part of a thematic Active Mobility Week in schools.

ACTIVE MOBILITY IDEAS FOR ALL STUDENTS

First, we present ideas and activities that **can be enjoyable and engaging for all students, regardless of age or grade level.**

PROMOTIONAL POSTER FOR ACTIVE MOBILITY ACTIVITIES

KEY STEPS:

- Create a **call-to-action poster** for an Active Travel Day or Week
 - Highlight school programmes (e.g. digital plaket with QR code) and the benefits of active travel
 - Prepare posters in advance, integrated into regular lessons
 - Involve students in the design process
 - Engage older students as volunteers or mentors
 - Display posters around the school to encourage participation
-
- Include a short slogan or student-created message to make the poster more engaging and relatable for different age groups.



SCHOOL STREETS

Create a School Street to make the area around the school safer, reduce traffic, encourage walking and cycling, improve air quality, and foster a healthier, more engaging school community.

HOW TO ORGANISE

- Identify the street section around the school to be temporarily restricted to motor traffic
- Engage key stakeholders early (school leadership, parents, local authority, residents)
- Define the time frame (e.g. school start/end times, one day, or a trial week)
- Agree on traffic management measures (signage, barriers, supervision)
- Inform the school community clearly in advance
- Monitor and evaluate the experience (feedback from students, parents, staff)



EXTRA TIP

- Start with a short pilot (e.g. one morning per week) to test the concept
- Use **temporary street decorations** (chalk drawings, banners, student artwork)
- Add **playful elements** ([Movement Spaces](#))

SOURCE: [Designing Streets for Kids Guide](#) at globaldesigningcities.org

- You will find experiences or good practices to achieve a safe and healthy school environment that have been carried out in some municipalities in Spain: [Examples and experiences - Entornos escolares seguros y saludables](#)
- If the school has its own car park, it can also be made available for students to use for the entire week.
- Link activities to learning outcomes (e.g. maths games on the pavement, road safety tasks, environmental messages) to strengthen educational value

MORE INFORMATION: [school-streets-guidebook-2019.pdf](#)

ACTIVE MOBILITY IDEAS FOR ALL STUDENTS

WALKING BUS

The walking bus is a group of students walking to school together along a set route, usually supervised by adults or older student volunteers. In secondary schools, the concept can be adapted to allow for more independence, flexible schedules, and peer-led organisation.

HOW TO ORGANISE?

- Identify a safe route to school and set meeting points
- Recruit parents, student volunteers or older pupils as route leaders
- Schedule regular walking sessions (daily, weekly, or special events)
- Promote the route with posters, digital messages, or social media
- Encourage peer participation and build a sense of community

MORE INFORMATION: http://guide.saferoutesinfo.org/pdf/wsb_guide.pdf

EXTRA TIP

- Turn it into a friendly challenge: track distance walked, create a points system, collect stickers or add small themed stops along the route (e.g., environmental facts, fun questions) to make it more engaging.
- Reward students who arrive at school in creative ways—through costumes, or playful walking—to make active travel fun



BIKEBUS/BICIBUS

BikeBus is a group cycling initiative where students travel together to school, promoting active travel, safety, and community engagement.

HOW TO ORGANISE?

- Identify a safe cycling route and set meeting points
- Recruit parents, teachers (older students) volunteers or local cycling clubs as ride leaders
- Emphasise safety gear: helmets, reflective clothing, lights, and proper bike checks
- Schedule regular rides (weekly or for special events, e.g. Cycling Fridays)
- Promote the route with posters, social media, or digital messages
- Encourage peer participation and build a sense of community

How it differs from Walking Bus:

- Requires cycling skills and safety awareness
- Focus on protective equipment and bike maintenance
- Routes can be longer due to faster travel

EXTRA TIP

- Organise challenges or themed rides (e.g., “Eco Ride Week,” distance tracking, pulse monitoring)
- Collect stickers, or reward students who arrive at school by decorated bikes

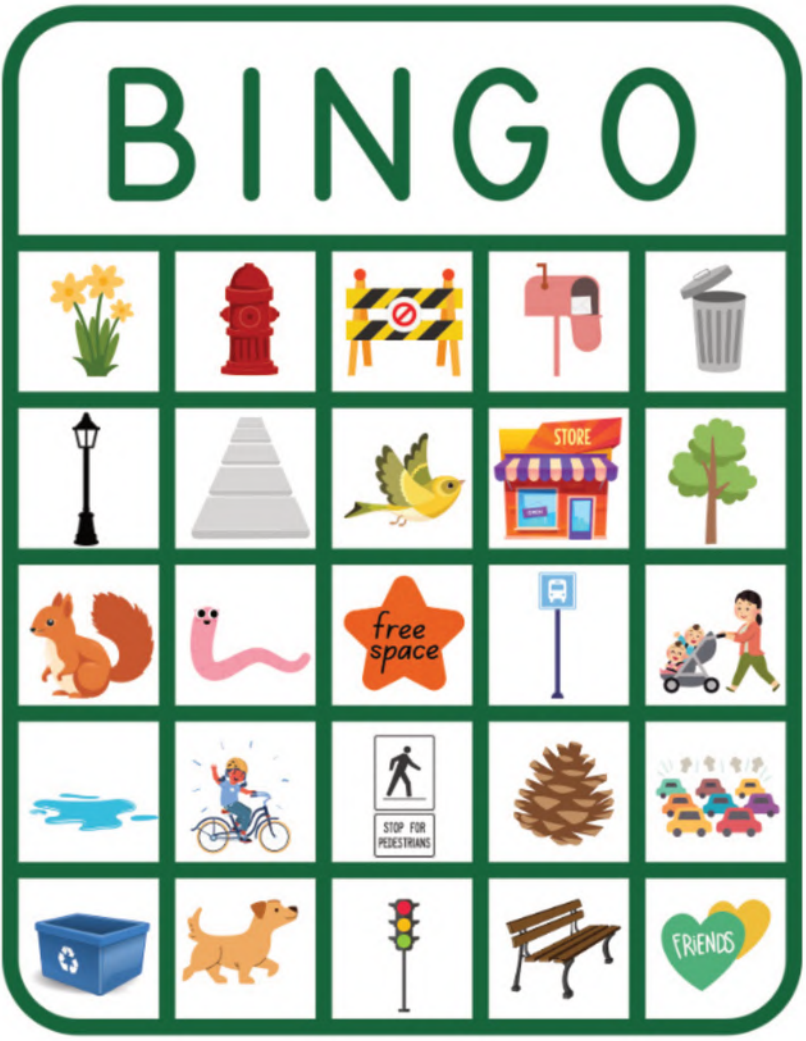


ACTIVE MOBILITY IDEAS FOR ALL STUDENTS

ACTIVE MOBILITY BINGO

HOW TO ORGANISE?

- Create a bingo grid with squares featuring actions or observations related to active travel (e.g., “Walked to school,” “Saw a cyclist,” “Used a scooter,” “Spotted a crossing guard”).
- Distribute the bingo cards to students at the start of the week or day.
- Encourage students to complete squares while walking, cycling, or commuting actively.
- Reward completed rows, columns, or full cards with small prizes or recognition.
- Adapt the bingo squares to the school’s age group, environment, and local traffic context.



GET MOVING CHALLENGE

Active mobility challenges can be a fun and motivating way to encourage students of all ages to walk, cycle, or use other forms of sustainable travel.

HOW TO ORGANISE?

- Set a clear goal for the challenge (e.g., number of active travel days, total distance covered, or participation points).
- Decide on the format: daily, weekly, or special-event challenge (e.g., “Bike to School Week” or Walking Challenge).
- Allow students to track their progress individually or in groups/classes.
- Encourage friendly competition between classes or peer groups to boost engagement.
- Provide recognition or rewards, such as small prizes, certificates, or digital badges for achievements.

EXTRA TIP:

- Integrate creative elements like photo submissions

ACTIVE MOBILITY IDEAS FOR ALL STUDENTS

CYCLE SKILLS QUEST

Cycle Skills Quest is a fun and practical way to help students of all ages develop and improve essential cycling skills, including balance, control, braking, turning, and awareness of surroundings. It encourages safe riding while boosting confidence and coordination.

HOW TO ORGANISE?

- Design a safe, clearly marked course with a variety of obstacles (cones, narrow paths, slalom sections, small ramps) that focus on fundamental cycling skills.
- Set age-appropriate difficulty levels, adjusting obstacle size, spacing, and speed expectations for different age groups.
- Demonstrate the course and safety rules before starting, ensuring all students wear helmets and protective gear.
- Organise students into small groups or timed runs, allowing each participant to complete the course individually.
- Keep records of performance for fun, encouragement, or friendly competition, focusing on skill improvement rather than speed alone.

EXTRA TIP

- Involve local police or traffic safety experts to supervise the course, give tips, and ensure safety. After completing the obstacle course, students can receive a mini “cycling license” certificate, acknowledging their skills and safe riding.
- Introduce a “slow race” challenge where students try to complete a balance section as slowly as possible without putting their feet down, moving from one side of a line or path to the other. This emphasizes balance, control, and concentration in a playful way.



ACTIVE MOBILITY IDEAS FOR PRIMARY SCHOOLS

A few of these suggestions focus on younger students, offering age-appropriate ways to explore active mobility.

STOP & WALK

The Park & Walk initiative encourages students and families to combine driving with walking, reducing traffic congestion near the school.

HOW TO ORGANISE?

- Identify safe parking locations a short distance from the school.
- Create a simple map showing walking zones, e.g., 5, 10, and 15-minute walking distances from the school, so families can choose the most convenient spot.
- Encourage students and families to park in these zones and walk the remainder of the route.
- Promote the program with posters, digital messages, or school newsletters to raise awareness.
- Consider tracking participation, e.g., a weekly tally of walkers, class points, or rewards for consistent participation.
- Provide safety guidance, especially for crossing streets and following pedestrian rules.



TRAFFIC ART TRAIL

The Traffic Art Trail combines active mobility learning with creativity, allowing students to explore traffic signs, rules, and road safety through drawings and interdisciplinary projects.

HOW TO ORGANISE?

- Encourage students to create traffic signs, posters, or drawings in art, math, or geography lessons.
- Display the artworks around the school to form a “traffic trail” that students can walk or cycle along.
- Integrate the project with other subjects, such as calculating distances, designing maps, or writing safety tips.

EXTRA TIP:

- Turn it into a scavenger hunt: students collect points or stamps as they identify signs and complete small safety-related challenges along the trail.

ACTIVE MOBILITY IDEAS FOR PRIMARY SCHOOLS

MOVE & LEARN: TRAFFIC EDITION

Move & Learn: Traffic Edition uses physical activity to teach road safety, combining PE with traffic education in a fun, movement-based way.

HOW TO ORGANISE?

- Set up stations with traffic signs and organize movement challenges (e.g., running, hopping, cycling in a safe area).
- During the PE class, students complete exercise tasks linked to traffic rules, practicing reaction, balance, and awareness.
- Discuss the meaning of each sign as part of the activity.

EXTRA TIP:

- Add a time challenge or obstacle course, where students must navigate a small “traffic” area safely, encouraging speed, focus, and rule-following in a playful way.



HALLWAY TRAFFIC ADVENTURE

The Hallway Traffic Adventure transforms school corridors into interactive traffic zones, helping students practice moving safely in a fun, controlled environment.

HOW TO ORGANISE?

- Place traffic signs, floor markings, and arrows along corridors to simulate roads and pedestrian crossings.
- Teach students how to move safely in the “school streets”, respecting signs and each other.
- Assign student volunteers or team members to monitor the flow, ensure rules are followed, and help younger students navigate safely.

EXTRA TIP:

- Encourage students to design new signs or road layouts, or create a “traffic rules quiz” while navigating the corridors for an extra educational layer



ACTIVE MOBILITY IDEAS FOR PRIMARY SCHOOLS

FANCY FEET PARADE

The Fancy Feet Parade is a playful way to celebrate walking while letting students express their creativity. By decorating their legs, socks, or shoes, students turn a simple walk into a fun, festive activity suitable for all ages.

HOWTOORGANISE?

- Invite students to decorate their legs or footwear using colorful socks, ribbons, glitter, or other safe, removable decorations.
- Schedule a short walk or parade around the school grounds, encouraging students to show off their designs.
- Promote the activity with posters or announcements, making it a school-wide celebration of walking.
- Optional: document the event with photos or short videos to share with the school community.

EXTRATIP:

- Create a simple dance or marching routine that students can perform while walking, turning the parade into a lively, coordinated activity.



ACTIVE MOBILITY IDEAS FOR SECONDARY SCHOOLS

Secondary school students need different ideas because their age, abilities, and interests differ from younger children. They have greater independence and critical thinking skills. Challenge-based, competitive, or creative activities are more motivating for older students.

Creating a sustainable mobility video



- Students' creativity can be harnessed through a short video project.
- Showing how they commute actively, what benefits they notice, or how they reduce the ecological impact of their journey to school.
 - Individual or group task, enhancing storytelling, editing, and visual communication skills.
 - The final videos can be shared on school websites, social media, or digital displays, increasing the community impact of the project.

Using digital platforms



Many secondary students are motivated by accessible digital tools.

- Challenges can be tracked via apps or online platforms, allowing students to log their routes, distances, or even upload photos while actively commuting.
- Incorporating leaderboards, point systems, or digital badges can make participation more engaging, combining elements of gamification with active mobility awareness.

Designing a traffic knowledge board game



Another exciting option for secondary students is creating a traffic knowledge board game.

- Students can design cards or game boards that include safety rules, active travel tips, or sustainability questions.
- Develops teamwork, creativity, and problem-solving skills.
- The finished game can be played by the wider school community, promoting active and sustainable travel in a fun and engaging way.

7. Best practices



ACTIVE MOBILITY WEEK FROM ACTIVE SCHOOL PROGRAM (HUNGARY)



NAME OF ORGANISATION:

Hungarian School Sport Federation (HSSF)

The **ActiveSchoolProgram** is a Hungarian initiative that promotes physical activity in primary and secondary schools. Its goal is to create a school environment that encourages and supports students' regular physical activity.

Within the program, participating schools are expected to meet various movement-promoting criteria. One effective practice is the organisation of themed weeks focusing on different aspects of students' wellbeing, such as Healthy Eating Week, Digital Theme Week, Mental Health Week, and Active Mobility Week. These themed weeks are implemented at recommended times during the school year and integrate physical activity into everyday school life. By successfully implementing these activities, schools can collect points within the program, which motivates long-term engagement and continuous development.

AIM:

The participating schools of the Active Mobility Week organise activities focused on active modes of travel instead of passive ones. Video overview of the theme week available [HERE](#).

DESCRIPTION:

During this week, students engage in fun and educational activities such as traffic safety lessons, practical cycling and scooter skills, and organised walking or bike buses, all aimed at increasing physical activity, enhancing traffic safety knowledge, and building long-term active travel habits. You can find more program elements related to the theme week from schools best practices.

DATE:

The week typically takes place in mid-October (for example, Oct 13–17 in 2025).



MUSCLE FOR SCHOOL! - TEACHING MATERIAL ON SCHOOL TRAVEL (FINLAND)



NAME OF ORGANISATION:

The Association of Physical and Health Educators in Finland

DESCRIPTION:

A teaching material package was developed for LIITO ry to promote active school travel in schools. The package includes a complete lesson plan, presentation slides, and a background information document for teachers.

AIM:

With this material, the aim is to strengthen teachers' readiness to discuss the benefits of active school travel with their students and to encourage pupils to choose active ways of commuting to school. Active school travel is an excellent way to increase health-enhancing physical activity in the school day. In addition to supporting students' wellbeing, travelling by muscle power is also an environmentally friendly choice.

However, the strength of the material is the flexibility. It can be easily adapted for primary and lower secondary schools as well as upper secondary education, and it fits naturally within the contents of the health education curriculum. This versatility helps teachers integrate the material into their teaching despite time constraints.

The website and the materials are currently available only in Finnish, but you may be able to use a translation tool to explore the content.

MORE INFORMATION:

<https://www.liito.fi/liikunta-ja-terveystieto-materiaali/maksuttomat-materiaalit/lihasvoimin-kouluun/>

STARS BICYCLE MECHANICS WORKSHOPS IN SCHOOLS (MADRID, SPAIN)



Under the **STARS sustainable mobility programme**, practical bicycle mechanics sessions were organised for students in multiple educational centres. These workshops teach students how to carry out basic maintenance and repairs (tyre changes, brakes, chain checks, etc.), integrated in the school setting as part of mobility education.

Many secondary schools in Spain are integrating bicycle repair and maintenance into their educational and sustainable mobility activities. For example, IES Alhama in Navarra organised a “Do-It-Yourself Bike Repair Workshop” with students learning and practicing bicycle mechanics on donated bikes under the supervision of an experienced mechanic.

Under programmes like STARS (Sustainable Travel Accreditation and Recognition for Schools), practical workshops have been held in multiple school centres where students learn fundamental skills such as checking air pressure, fixing flat tyres, and adjusting brakes and chains as part of their mobility education curriculum.

BICYCLES WITHOUT BORDERS (GIRONA, SPAIN)



Bicycles Without Borders was born in 2012 in a small town in l'Alt Empordà, in Girona.

The initiative aims to improve the quality of life of people in disadvantaged circumstances by promoting the use of bicycles as a means of integration, equal opportunity, and social mobility.

MORE INFORMATION:

<https://www.bicicletassinfronteras.org/en>

DESCRIPTION:

Encourage parents to donate bicycles their children have outgrown, either by passing them on to other families in need or by supporting initiatives that send refurbished bicycles to developing countries.

8. Roll, Walk, Ride – Together!

*Inclusive Active
Mobility for Students
with Disabilities*



INCLUSIVE ACTIVE MOBILITY

Active mobility to school can offer important benefits for students with disabilities, but only if their diverse needs are intentionally considered. Park et al. (2023) identified numerous barriers that make travel challenging for people with cognitive, mobility, or sensory impairments. These obstacles can lead to cancelled trips, limiting social inclusion and negatively impacting overall quality of life. Children with intellectual disabilities were far less likely to walk or cycle to school, with only 16% doing so, compared to 74% of their typically developing peers, illustrating a clear gap in active school travel participation (Einarsson et al., 2015).

Teachers play a key role in recognizing these challenges and supporting inclusive approaches—such as collaboration with families, flexible activities, and student-centered planning—that enable safe, accessible, and empowering active transportation.

SUGGESTED RESOURCES:

- https://www.saferoutespartnership.org/sites/default/files/resource_files/engaging_students_with_disabilities_in_safe_routes_to_school.pdf
- <https://www.saferoutesinfo.org/toolbox/#disabilities>
- <https://www.walkbiketoschool.org/plan/how-to-plan/access-for-all-students/>

TEACHER ACTION GUIDE: SUPPORTING INCLUSIVE ACTIVE TRAVEL

1. LISTEN TO STUDENTS AND FAMILIES

- Create opportunities for students and families to share experiences about traveling to school.
- Understand individual needs, preferences, and concerns—this is the first step toward inclusive solutions.

2. ENCOURAGE CHOICE AND FLEXIBILITY

- Recognize that active travel looks different for every student.
- Promote walking, biking, or rolling in ways that suit each child—shorter distances, shared routes, or adaptive equipment.

3. INTEGRATE ACTIVE MOBILITY INTO LEARNING

- Use classroom activities such as discussions, projects, or mapping exercises on safe and accessible routes.
- Normalize diverse ways of moving and build awareness among all students.

4. COLLABORATE WITH OTHERS

- Work with school staff, special education professionals, and community partners.
- Identify barriers and advocate for safer, more accessible routes around the school.

5. BUILD CONFIDENCE AND INDEPENDENCE

- Recognize that active travel looks different for every student.
- Promote walking, biking, or rolling in ways that suit each child—shorter distances, shared routes, or adaptive equipment.

6. MODEL INCLUSIVE ATTITUDES

- Use inclusive language and acknowledge different mobility needs.
- Foster a school culture where all forms of active transportation are valued and respected.

IDEAS FOR INCLUSIVE ACTIVE MOBILITY



ACCESSIBILITY OBSTACLE COURSE

AIM:

- Raise awareness about accessible mobility
- Build empathy for wheelchair users and visually impaired people
- Help students understand barriers in everyday active transport

HOW TO ORGANISE?

- Setup a simple obstacle course in the school (hallway, gym, yard)
- Prepare two experiences: wheelchair use and blindfolded walking
- Divide students into small groups
- One student completes the course, others guide verbally
- Rotate roles so everyone participates

EXTRA TIP:

- Focus on experience, not speed
- Always supervise for safety
- Use real-life obstacles (doors, ramps, narrow spaces)
- End with a short reflection discussion



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- Page 8. National bike to school day photo: <https://www.bringazzamunkaba.hu/miert-jarjon-a-gyerekbringaval-suliba/>
- Page 9. Walking bus photo: How the 'Walking School Bus' promotes a safe and healthy commute for kids - Shareable
- Page 10. Bikebus (Bicibus): [Bicibus Barcelona Catalunya Europe » Bicibus APP, Kit, Resources](#) School streets: [School Streets create healthy, playful and more social environments - City Lab Barcelona](#)
- Page 18. School streets photo: A School Street activity at Lord Roberts School in Vancouver. (Photo: Green Communities Canada)
- Page 19. Bikebus/Bicibus photo: Ez a Bicibusz - Bicibusz
- Page 20. Active mobility bingo: <https://www.stswr.ca/walkzone/active-transportation-bingo>



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