

Weekend Walkies

Better by...



About this activity

Suitable for Key Stage 1 pupils and their families.

Weekend walkies encourages pupils to keep active over the weekend. Each week a different pupil takes home the cuddly 'weekend walkies' dog to accompany them on their adventures, big and small. They then share their experiences with the class and write down or draw what they did on a journal sheet.

How it helps

This activity counts towards travel activity:

- promotes exercise as part of the daily routine
- supports reading and writing development
- encourages parental participation.

What you'll need

- Cuddly toy dog (one per class taking part - you could ask staff, parents/carers or local businesses to donate these).
- Journal sheets.
- Schedule to track who takes the cuddly dog home on which date.

How to evidence your activity

- Involve your borough officer: Share your ideas, agree your targets and discuss any challenges you face.
- Record the feedback from your pupils. Note how they interacted with the weekend walkies dog and how this has helped you meet your targets.
- Sign in to Modeshift STARS to add your story. Explain the activity, add photos of your pupils' telling the class about their weekend walkies and include examples of their journal entries.

Resource

- Weekend Walkies journal

This activity can count towards your Modeshift STARS accreditation: Travel activity - C16-C18
Supporting: Promotion PR1, PR7,
Curriculum CU1, CU8, Partnership P3



Activity steps

- 1. Get ready**
Your school may have a small budget to purchase a cuddly weekend walkies dog or one could be donated.
- 2. Promote weekend walkies**
Introduce the weekend walkies dog to your class or school during assembly, and let parents/carers know about the activity via a newsletter or notice board.
- 3. Share the fun**
Ask your pupils to draw or write about their weekend walkies activities and share their story with the rest of the class.
- 4. Check for success**
Ask your pupils and parents/carers what they thought about weekend walkies, and whether their weekends have been more active since.
- 5. Tell your story**
Feedback to your borough officer and add your story to the Modeshift STARS website.