



## Health and Wellbeing in Schools How to...

### ...Run Go Kinetic

#### **What is Go Kinetic?**

Go Kinetic is a free reward scheme that has been designed to encourage more children to actively travel to school. Pupils are rewarded for walking, cycling or scooting to school with a sticker on their Go Kinetic passport and at a set number of walks, scoots or cycles to school pupils are given a reward & certificate. Rewards include free swimming sessions and half- and all-day activity sessions at Legacy leisure centres as well as stationary and other accessories. The scheme has been designed as a framework, meaning you choose how you implement the scheme.

#### **What we offer to you**

- Every school that runs Go Kinetic receives two assemblies a year led by us. A launch, or relaunch assembly, aiming to inspire the pupils to engage in the scheme and also an additional assembly during the academic year to award and celebrate achievements.
- Electronic letter to parents explaining the scheme at its initial launch.
- Resources, including prizes.
- Unlimited support by phone or email with us throughout the year.
- The opportunity to access training for other schemes to encourage active travel where applicable.
- An annual report for all schools participating in Go Kinetic.

#### **What schools need to do**

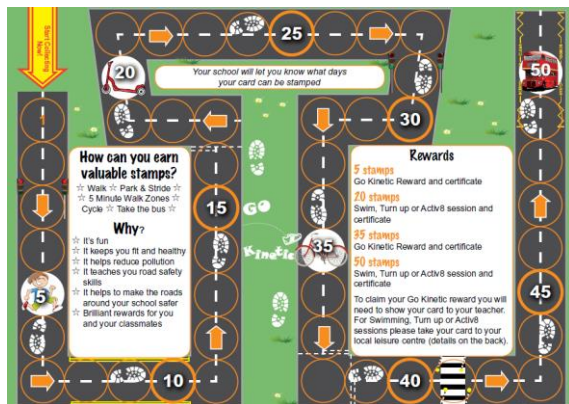
- Appoint one point of contact who heads up the scheme and promotes it throughout the school. This does not need to be a class teacher.
- This person would also be responsible for contact with the Health and Wellbeing in Schools team and ordering resources.
- Decide a few preliminary questions such as “How many days a week will the scheme run?” and for those families who live close to the school and/or pupils catching the bus, will they be able to participate if they do an ‘alternative’ walk? (eg. walk around the playground a set number of times before school).
- Decide who will place the stickers in the cards? This can be peer led by school council, by the office, in class etc.



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## Why run Go Kinetic?

- Encourages pupils to walk, scoot or cycle to school
- Can help reduce traffic outside the school gate and improve Road Safety
- Raise pupils level of physical activity to meet the 60 minutes a day guidance, which contributes to their healthy lifestyles
- Contributes towards Modeshift Stars Award. (For more info on Modeshift stars please email us)





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### **Rewards**

The Go Kinetic scheme provides lots of prizes for the children involved. These are detailed below

5 stamps	Certificate and Reward
20 stamps	Free swim, Turn Up or Activ8 session at a leisure centre and certificate
35 stamps	Certificate and Reward
50 stamps	Free swim, Turn Up or Activ8 session at a leisure centre and certificate

Free activity sessions at Cotswold sports centre (Tilehurst), Downland sports centre (Newbury), Hungerford leisure centre, Kennet Leisure centre (Thatcham), The Lambourn Recreation Centre, Northcroft Leisure centre (Newbury), Theale Green Recreation centre (Reading), Willink Leisure Centre (Burghfield). The leisure centre rewards are claimed by handing over the completed card on arrival at the leisure centre- please check with individual leisure centres which activities are redeemable.

Other rewards could be planned and organised by your schools e.g. House points, extra play time, non-uniform days.

### **Kinetic League – an optional competitive extension of the scheme**

This is an optional extension to the scheme to help maintain momentum. It is often a useful addition to the scheme once it has been up and running for a while if pupils seem to need an extra bit of motivation.

Once a pupil has 5 stamps in their passport, he/she receives a sticker. This is stuck on the Kinetic League poster for their class/house. The Go Kinetic Mascot Hedgehog is awarded to the class/house with the most stamps. This is often best done during a whole school assembly to keep everyone's interest in Go Kinetic. There are two Kinetic League posters available, round Britain or West Berkshire.

How the league is run is completely up to you. It can be inter-class, inter-house (or any other division within the school) and there is a Go Kinetic mascot hedgehog available for the winning class/house (or the class/house that have got the furthest by the end of the week/fortnight/month/term).

**Ordering Resources:**

To order your Go Kinetic resources please email [schooltravelplans@westberks.gov.uk](mailto:schooltravelplans@westberks.gov.uk) detailing how many of each resource you require. Please don't hesitate to get in contact if you have any further questions or are unsure how much of each resource to order.

Resource	Suggested number (if scheme runs everyday)
Go Kinetic Passports	1 per pupil + some spares
Parent handout	1 per family + some spares
Launch Poster	3 per school (A3), or 1 per class (A4)
Passport stickers	10 sheets
Pencils	50% of pupils
Additional prizes	30% of pupils
Kinetic League poster	1 per class or 1 per house ( if required)
Go Kinetic Mascot	1 per school
Small stickers	3 sheets per Kinetic League poster
Certificates	Bronze= 100% of pupils Silver= 75% of pupils Gold= 50% of pupils Diamond= 20% of pupils

