



Active Insight: Evidence in Action

Tip #1125



Supporting Active Travel Families

Overview

Active travel can help families build **movement into everyday routines**. Walking, riding or scootering to and from school provides opportunities for **regular physical activity**, while supporting **independence and confidence**. Schools can encourage active travel by **sharing information, promoting local options** and helping families explore practical ways to include active transport in their daily routines.

Key Teaching Ideas

Work with families to identify **active travel options** that suit their local area and daily routines. Share **practical information** about routes, safety considerations and local facilities. Promote active travel as one way families can **build movement into everyday life**. School initiatives are most effective when they recognise that families have **different circumstances, travel patterns and starting points**.

Practical Application

- **Share local active travel options with families.** Eg: Include walking, riding and scootering routes in school newsletters or family communications.
- **Encourage students to track active travel.** Eg: Invite students to record the number of days they walk, ride or scooter to school during a class challenge.
- **Promote active travel events.** Eg: Support activities such as Walk to School Day or Ride to School Day to encourage participation and awareness.

Next Steps

[Access The Physical Literacy Framework resources](#) supporting active travel participation and family engagement opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

