



Move
Everybody
Get
Active



The Big Shift

Sustrans' Big Shift is a free-to-access online challenge designed to motivate the school community to travel more actively. The challenge sets the school individual targets based on how pupils currently travel to school, helping them make a Small Step, Big Stride or Giant Leap to increasing active travel.

Key features

- Open to all schools in the UK free of charge
- Available all year round – schools can choose any five days to take the challenge
- Take part either as a whole school, as individual classes or in year groups
- Option for schools to repeat the challenge to improve on their achievements

For more information, visit www.sustrans.org.uk/bigshift

