

Sustrans Bike It news

The Big Pedal 2018 Monday 23rd April—Friday 4th May

The Big Pedal is back and we at Bike It+ are super excited about this years competition. Here is a reminder as to how we all did last year.....



Schools that took part in Big Pedal!

St Thomas More 66%
Orton Wistow 58%
Sacred Heart 26%
Hampton Hargate 39%
Middleton Primary 25%
Newark Hill Academy 25%
Welbourne Primary 22%
St Augustines 26%
The Beeches Primary 29%
Eye Primary 38%
Queens Drive Infants 39%
Nene Valley 29%
Woodston Primary 22%

I am pleased to say that after some epic performances last summer we will be contacting Danny Butler from 'Extreme Mountain Bike show', Keelan Philips 'BMX Flatlander' and their protégé Joe Sproaty a BMX Freelance performer!

Bike It+ will be organising prizes in advance of the competition so that if the project does wind up at the end of March then Big Pedal prizes will be overseen by our Manager to ensure that know one misses out.

Registration is open www.bigpedal.org.uk

Stats from 2017

On average 25% of pupils at participating schools took part every day – amazing when you consider just 2% of pupils use cycling in the UK as their usual way to get to school. If those journeys had been made by car, we saved over 847 tonnes of CO2 and over 79,000 gallons of fuel, costing over £384,000.

Over 1,300 schools made 1,063,536 journeys to school by bike & scooter.
75% of schools surveyed said that pupils continued to cycle or scoot to school following the event
93% of participating schools surveyed said it raised awareness of cycling and scooting in their school.

We'd love to hear from you...



We are **Gemma and Eric**, your Sustrans' schools officers for Peterborough please get in touch if you have any great school stories or would like to find out more about our schools work.

Contact Gemma on 07554431327
gemma.murphy@sustrans.org.uk
and
Eric on 07824 486 172
eric.schneider@sustrans.org.uk

BIKE AND SCOOTER COUNTS

The New Year is a great time to start collecting weekly or fortnightly bike and scooter counts. This information helps Bike It+ feedback to the council schools in need of additional cycle and scooter storage. It also provides a useful insight into the impact of active travel within your schools. This information is used in our annual report to our funders to evidence the effectiveness of the project.

For count sheets please visit:
<https://www.bikeitcams.org/bike>

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

FREE RESOURCES

Bike It+ Physical Education resources

Cycling or scooting in PE
Stabiliser free

PECT Education Resources Are available to borrow

A number of cycling related resources that link to Reading and Literacy, Maths, Science, History and Computing.

See Bikeltcams.org for a breakdown of resources.

Don't forget that Bike It is a great way to help you meet the 'Sustainable Travel' criteria laid down in the Eco Framework.

Bike It Cambs website ...
<http://www.bikeitcambs.org>

Bike It+ resources available to borrow:

Sustrans Bike Safety Board Games (developed by Sacred Heart R.C Primary)

Human Animated Bike (developed with pupils at Woodston Primary)

Science: Action and Reaction involved in pumping up a Bicycle tyre (developed for Engineering/Science days first used at St Augustines Primary school)

How to identify parts of a bicycle (developed for KS1 Transport topic at St Thomas More)

How did you travel to school today (useful if studying Transport or 'Be safe and Be Seen')

Smoothies Galore (Dragons Den style activity) Will need to book our Smoothie Bike for this activity.

Bike Inner tube Bracelets (Can be tied into Recycling curriculum)
Cress Bike, Walking Shoes and Scooters (plant cycles and growth)

And smoothie bike— email us for its availability



SUSTRANS SUSS IT OUT

Staying Safe Being Healthy Exploring
Looking after your World

The [Suss It Out activity sheets](#) collection includes five themes designed to be used over the course of a week in the classroom. Each sheet covers a theme and includes fun, engaging activities based around active travel that can be easily fitted into the busy school day. Each sheet has a 10, 20 and 30-minute activity requiring little preparation and no resources other than those found in a typical classroom.

Downloadable PDFs <https://www.sustrans.org.uk/our-services/who-we-work/teachers/classroom-activity-sheets>

Our school programmes

The evidence shows our work with schools has a massive impact. Through our well designed, creative and innovative school programmes we have doubled the number of pupils cycling to school.

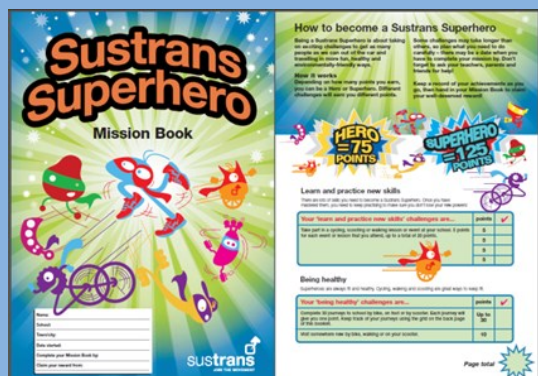
In 2015/16 we increased the number of pupils travelling to school on foot, by bike or by scooter. We grew the number of pupils cycling to school to 8.5%, representing an 88% increase on the previous year. We also reduced the number of pupils travelling by car by 14%.

The number of pupils travelling by bike to schools working with Sustrans is five times more than the national average. (Sustrans Hands Up Surveys England and Wales 2015/16).

<https://www.sustrans.org.uk/blog/10-things-we-have-learnt-our-work-schools>

School Mark (Bronze, Silver or Gold)

Staff, pupils, teachers and parents all contribute to increasing active travel at schools, whether that's walking, cycling or scooting.



Are your pupils superheroes?

Sustrans' Superheroes is an award scheme recognising pupils' skills and achievements in walking, scooting and cycling. **Aimed at 7- to 11-year-olds**, pupils gain points for activities they complete to become either a Sustrans Hero or Superhero. **Based on a booklet of activities**, the scheme provides the structure and inspiration for children to learn and practice the skills essential for fun, safe and sustained active travel to school and for other journeys.

sustrans.org.uk/superheroes

...and across the UK

Each year we survey the schools we work with to check we are helping to increase walking, cycling and scooting to school. Here are a few of the headline figures:

- **88.2%** of respondents stated that **cycling levels have increased** since engagement with Sustrans, **87.6%** said the same about **scooting** and **55.1%** about **walking**
- **68.9%** felt the number of **children being driven to school had decreased**
- **96.7%** thought Sustrans had a **very positive or somewhat positive impact** on getting pupils at the school **more physically active**
- **92.3%** reported the same for **improving general wellbeing** amongst pupils
- **87.1%** said there had been a positive effect on increasing active travel amongst the **wider school community**
- **81.2%** said there had been a **very positive or somewhat positive impact** on **engaging disaffected pupils**
- **86.6%** responded that **enriched delivery of the school curriculum**.

Running Balance Bikes, Learn to Ride and Cycles skills

For session plans just ask your Bike It+ officer or visit www.bikeitcambs.org

BALANCE BIKES



These bikes are ideal for children that have not been on a bike before or have started learning how to ride without stabilisers. **It teaches core stability and gross and fine motor skills.**

You can also purchase these bikes through us using our Sustrans discount with Frog Bike. Prices for December 2017 are £73.12 ex VAT and retail at £135. But are subject to change.

STABILISER FREE

It builds upon core stability and gross and fine motor skills in their ability to balance but also teaches children about setting pedal positions, using brakes and progresses them to learning how to ride independently. Ask your Bike It officer for the lesson resource.

CYCLE SKILLS

Why not incorporate this into PE sessions, ask your Bike It officer for our 'Cycling in PE' resource. Cycle skills teaches basic cycling techniques, as well as improving control of bikes through a series of cycling games to improve confidence and make your child a safer cyclist.

SCOOTER SKILLS

Cycle skills games can be adapted to suit Scooter skill training. The session is designed to teach basic scooting skills, as well as improving control of scooters through a series of scooter games.

Bike It Christmas Wreath winners! St Thomas More, Southfields, Longthorpe and St Augustines Primary



Our work with young people in the UK

We recently had the results in from our **annual hands-up survey**, asking pupils how they get to school. It confirmed our established record of typically doubling regular scooting and cycling in the first year a school works with Sustrans.

This doesn't always tell the whole picture of the benefits of more active journeys and the activities our officers run, so we **also ask schools for their opinions** on whether it raises awareness of health and activity, does it help engage certain group of pupils, is wellbeing improved, does the wider community benefit and so on.

Perhaps something to bear in mind when the Ofsted inspector calls. This supports the notion that physical and academic ambitions need not compete, but in fact complement one another.

Not surprisingly there are many studies now showing a **strong link between physical activity and academic attainment** – even when time was taken out of the classroom and allocated to PE, academic results actually improved.

Embedding active travel in the culture of a school is essential to its success, and including it in the curriculum is one of the best ways to do this. This is why we produce resources such as the **Suss It Out** activities and our **Big Street Survey** and continue to develop new ones.

10 things we have learnt from working with schools

At Sustrans, we are passionate about helping more children to walk and cycle to and from school. Since 2004, we have worked with more than 2,000 schools across the UK, helping children build walking and cycling into their everyday school journey and instill a love of activity in them.

1. Start Young
2. One step at a time
3. Balance bike is a perfect start
4. Safe Routes to school
5. Getting families on board
6. Working in partnership and tailor to needs
7. Walking and cycling is part of the solution
8. Young people want to be active
9. It's not all about the bike
10. Building trust

<https://www.sustrans.org.uk/blog/10-things-we-have-learnt-our-work-schools>

Thank you for supporting our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 20 years of Sustrans and our officers working with schools, colleges and young people.

Without your support, many children would not have the opportunity to enjoy independent and active journeys in and around their communities, so a huge thank you from us on their behalf. The long-term benefits of creating healthy and sustainable journeys will be shared by every one of us – in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools, colleges and young people in your area could benefit from our work, or you want to know more, please get in touch.

email youngpeople@sustrans.org.uk
phone 0117 915 0100
online www.sustrans.org.uk/youngpeople



Sustrans is grateful for the continued support of our schools work in Peterborough from the following:

