

School Champion Handbook



Post 'Sustrans Bike It' information

18 July 2023

To find out more, please contact: David Burt, email.on.David.Burt@sustrans.org.uk

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland).

*SUS-BS1-MEDIA2:Assets:Library:Northern Ireland: Schools: Big Walk and Wheel 2023

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Resources to support schools

The Bike It program has come to an end in Peterborough, but Sustrans nationally has a variety of resources to help schools promote active travel to school. There are a number of other organisations as well that have resources.

First Point of Contact

Rebecca Presland from PCC Travelchoice should be your schools first point of contact. Her email is Rebecca.Presland@peterborough.gov.uk Becky is the main contact to discuss any issue around the school streets initiative or school travel plans. She can also signpost you to other council departments and resources.

Other Peterborough City Council contacts

Jenny Wright Road safety team email: Jenny.Wright@peterborough.gov.uk. Jenny and her team can provide pedestrian training, and other road safety sessions.

Peterborough City Council also have a climate change engagement officer Ellie Cooper – (Ellie.Cooper@peterborough.gov.uk) that can work with schools.

Bikeability

Sustrans Bike It never provided Bikeability training, but we were often confused with Bikeability. Schools can book Bikeability with the provider Outspoken Training: www.outspokentraining.co.uk/bikeability/

National competitions and events

Cycle to School Week

Cycle to School Week was a Sustrans initiative but is now run by the Bikeability Trust with support from Sustrans. The event officially happens at the end of September or the beginning of October every year. Sustrans encourages schools to take part whenever it best suits the school. Each year both Sustrans and the Bikeability Trust produces resources including lesson plans for schools to use during the week. Details of the event can be found at: <https://www.bikeability.org.uk/cycletoschoolweek/>

Road Safety Week

Road Safety week is an annual event organised by the charity 'Brake'. It takes place in November and is a great time to talk to students about the issues of sharing space and visibility. You can find more information here: <https://www.awarenessdays.com/awareness-days-calendar/road-safety-week-2023/>. You can also contact the Peterborough Road Safety team to book assemblies. The email for the Road Safety team is: Jenny.wright@peterborough.gov.uk

Cycle Scoot and Walk to Santa

This is a virtual race from Peterborough to Lapland with students scoring miles for each active journey to and from school. Resources may be added to Bike It Cambs website in the Autumn term. Please note that this site may close if other regional projects do not continue. The link is www.bikeitcambs.org

Sustrans Big Walk and Wheel

Sustrans holds a two-week competition every year to encourage active travel. This is the biggest national competition with over 2500 schools across the country taking part. Even

though Bike It will not be running any school can sign up and take part. There are national prizes and Peterborough schools have been awarded prizes in previous years when the project was funded.

To register your school please go to: www.bigwalkandwheel.org.uk/register

Note that schools can book Danny Butler Extreme Mountain Bike Show directly.

Email: danny@butlertrials.co.uk. Other providers are also available.

PECT Eco Awards

Peterborough Environment City Trust PECT run a variety of school engagement projects including Health Schools and others. Schools that engage with PECT are invited to an annual awards day. More information can be found at: www.pect.org.uk/how-can-we-help-you/

Fridays Bike Bus

With support from Schwalbe, Sustrans have developed a tool kit to help schools and parents organise a volunteer led Bike Bus to help more people to cycle to school. To download the toolkit and find out more go to: www.sustrans.org.uk/campaigns/fridedays-bike-bus.

EVENT SCHEDULE PLANNER 2023

Event	Starting	Ending	Organisation	Link
Cycle2School Week	25/09/23	29/09/23	Bikeability	www.bikeability.org.uk/cycletoschoolweek/
Road Safety Week	16/11/23	22/11/23	Brake/PCC	www.brake.org.uk/road-safety-week/take-part
Cycle, Scoot walk to Santa	Nov/Dec	1 or 2 week challenge	Sustrans	www.Bikeitcamb.org
Big walk & Wheel	TBC (near Easter)	TBC	Sustrans	www.bigwalkandwheel.org.uk/register
PECT Eco Awards	TBC (May)	Date	PECT	www.pect.org.uk/how-can-we-help-you/

JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER								
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
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Sustrans session plans and guides

1. Learn to Ride
2. Balance Bikes Skills
3. Cycling in PE guide (Sent as attachment)

Stabiliser Free

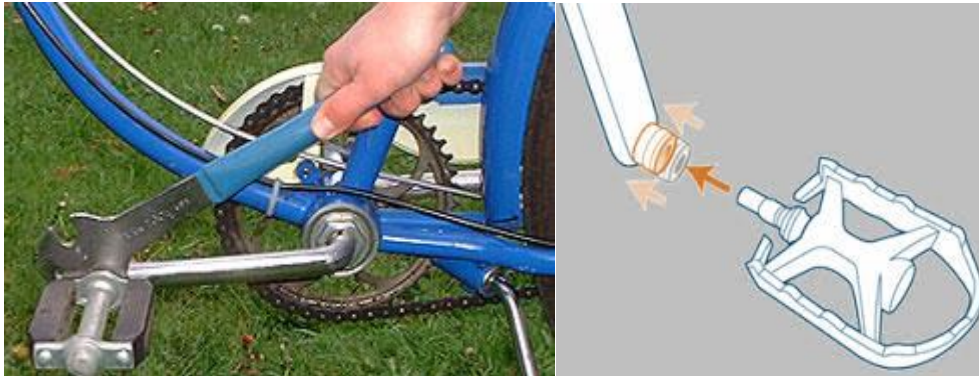


A **regular** bicycle can be used as a balance bike by simply removing the pedals:

* A 15mm spanner is needed

* The drive side (right side with cogs) unscrews as usual

*The non-drive side (left side with no cogs) unscrews the **opposite** way (clockwise to loosen)




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And **lower the seat** so that both feet are flat on the ground. Usually requires a 13mm spanner, Allen key or could be quick release.

With the pedals removed and put safely to one side and the seat lowered we are ready to get going!

Bird, Gorilla, Disco, Tap

Getting your child sitting comfortably. We have a series of steps to help get learners sitting on the bike and beginning to find their balance.

1. Both feet on the ground. Flap your arms like a bird. Then beat your chest like a gorilla then wiggle your hips like a disco and feel the bike move beneath you.

2. Hands on handlebars. Try and lift both feet off the ground and tap them on the ground. You can then ask them to see how long they can keep their feet in the air.

Before we start moving tell them the **3 secrets of having fun on a bike:**

1. The faster you go the easier it is to balance

2. Bikes tend to go where you are looking so head up look where you want to go

3. You can only glide if you are sitting on the saddle

Time to get moving: (Note if your child needs a bit of support hold their shoulders not the bike so they can feel the balance)

1. Giant steps get them to take as long a stride as they can. Pretend to be a dinosaur chasing its dinner or an ostrich running.
2. Hop like a frog. Put both feet as far forward as you can and push off with both feet. This is special bike hopping not jumping up and down.
3. Scooter step If they can get them to hold one foot in the air and push with the other like on a scooter. This method has 2 advantages if they can

master it. It means they have to sit on the saddle, and it also prepares them for one of the methods for starting to pedal.

Encourage them to go as fast as they can and get them to lift both feet off the ground and glide. Once they can push and glide confidently you are 90% of the way there pedalling is easy!

Time to put the pedals back on:

Have the learner put a foot on a pedal which is on the bottom and then push with the other foot. Have them practice finding the top pedal with the pushing foot without looking down. When they are ready when their foot finds the top pedal push down and start pedalling!

Once they can confidently start with this method or if they are finding this hard there is a different way to start. This is the way they will start when they are confident cyclist.

Set the pedal: put one pedal at about the 1:00 o clock position. It is preferable but not vital to set the pedal on the side with the chain. When they are ready to start have them push down on the set pedal as hard as they can. They can also push with the foot on the ground. This will give them a little bit of momentum which they can use to get the foot that was on the ground onto the pedal and start pedalling.

Let's build upon those skills!

Gaining confidence:

- 1. Using the brake:** Point out both brakes and ask the children why brakes are important. Walk the children around in circle or around a perimeter of the playground and say STOP (children stop their bikes by pulling both brakes equally). Repeat several times in a fun suspenseful way (like musical chairs).
- 2. Pedal bike brakes:** Set up a start and finish line. Children begin by standing on clean side of the bike (non-chain side) with their hands resting on handlebars and covering both brakes. Children may mount their bikes, glide and gently apply their bikes to bring them to a stop.
- 3. Stop box:** Set up a start and finish line. Mark out a stop box area at one end of the playground – you could use chalk to draw out a box or create one using bean bags or cones. Children will glide up to the stop box. Encourage them to stop with their feet in the stop box. This should be hard as they need to reach the stop box at speed. Next progress them to using their brake to aid them stopping in the stop box.

BALANCE BIKES SESSION PLAN

A **Balance Bike** is a simplified bicycle with no pedals and is used to practice the **#1 skill** needed to ride a bike, **balance!**

A **regular** bicycle can be used as a balance bike by simply **removing the pedals**:

- * A 15mm spanner is needed
- * The drive side (right side with cogs) unscrews as usual
- * The non-drive side (left side with no cogs) unscrews the **opposite** way (clockwise to loosen)

Who is it for

As young as 18 months – any young child who hasn't learnt to ride a bike.

There are **4 important skills** to learn before moving onto a bike with pedals:

Balance
Co-ordination
Spatial awareness
Motor skills



Typical session:

1. Fit **helmets** to each child
2. What **doesn't** the bike have **PEDALS!!**
3. There are 3 key things that will make it easier 1) **Keep their head up** and look ahead. Find a feature to have them focus on if possible. 2) **Faster you go** the easier it is 3) **Keep your bottom** on the seat at all times
4. **Sitting properly: Follow this sequence**
 - a) Sit on the bike hands by your side
 - b) Flap your wings
 - c) Beat your chest like a gorilla
 - d) Hands in front – **wiggle fingers**
 - e) Hands on handle bars
 - f) **Wiggle** your bottoms
 - g) **Most important** - Tap your feet, lift both feet off the ground while sitting on the bike



5. **Striding:** Pretend to be a T-rex and demo big strides. Children imitate sitting on bikes around the circle. Monitor and encourage where needed.
6. **Quick steps:** Speed is key! Pretend to be T-Rex running after food. Children imitate on bikes in circle. Encourage as much speed as possible. Bums must not leave saddle!
7. **Follow the leader hops:** All children line up behind you. Demo hopping like a kangaroo. Lead children around playground in a loose figure 8 as they hop a long on bikes (best to have assistant helping those that need more guidance).
8. **Push off & glide:** Find a wall or line. Have children line up with rear wheel on line or wall. Demo 1 big push off and glide as far as possible and mark it with a cone. Children try one at a time with you marking their attempt with a cone. Repeat and encourage them to go further.
9. **Using the brake:** Point out brake and its use. Walk around in circle again and say STOP (children stop using brake). Repeat several times in a fun suspenseful way (like musical chairs)

Let's build upon those skills!

Repeat as necessary steps 1-4 for children as a warm up exercise.

5 **Free style:** Mark out the perimeter using cones or bean bags. Encourage children to manoeuvre around in the area allowing them to practice any skill that they have already learnt. Any direction is fine but remind children to slow down or stop if they come too close to another rider.

6 **Slalom:** Using cones or bean bags mark out a course down the length of the playground to create a zig-zag pattern. With appropriate space in between to allow the child to complete each turn. You may start by walking the children through the course without their bikes or in front of them to remind them of where they need to make their turns.

Useful links

Link 1: www.Travelchoice.org.uk

Link 2: www.Sustrans.org.uk; [Education - Sustrans.org.uk](#); [Big Street Survey - Sustrans.org.uk](#) and [What is a bike bus and how can I set one up? - Sustrans.org.uk](#)

Link 3: www.Bikeitcambs.org

Link 4: <http://modeshiftstars.org/>

Link 5: <http://playingout.net>

Link 6: <http://www.livingstreets.org.uk>

Link 7: [Transforming Bike Storage | Cyclepods | UK and Worldwide - https://www.cyclepods.co.uk/](#)