

Sustrans Bike It news

BIKE AND SCOOTER COUNT COMPETITION 2017



I suppose that you are desperately waiting to hear the outcome of the **Bike and Scooter Count competition 2017?**

Well I cant wait to inform you all that everyone did exceptionally well and achieved 100%!

Well done to you all and your Bike It crews for recording these counts. This information will be shared with our funders.

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
Twitter: @SustransPboro

Schools that took part!

- Orton Wistow
- Middleton
- Nene Valley
- St Augustines
- Beeches
- Queens Drive
- St Thomas More
- Voyager
- Newark Hill
- Hampton Hargate

Bike It Update

Bike It+ has been granted an extension to funding by Public Health to take us through to November 2017. As this extension is short, we will be working with a practicable number of Bike It schools and will let you know if we receive additional funding in late October.

This doesn't mean the end of Bike It as it will continue with you all as at distant schools. Please keep your Bike It crews active and continue with the golden lock. If you need help on session ideas or questions regarding running your own in house activities we will be more than happy to advise. Our website www.bikeitcambs.org is available and we have a good bank of resources for you to use and download for free. You can also borrow equipment that goes with these session plans and Smoothie Bike if you are trained already. But it will need picking up and returning to our office please.

'Bike It database' is active so please continue to log your own school activities or bike and scooter counts and keep an eye out for **Bike It competitions or clean air monitoring kits.**

Again a big thank you to everyone for all of your hard work and support of Bike It+ and for completing the Teacher surveys (Peterborough had the most completed teacher surveys across all schools projects nationally)—thank you all so much for feeding back and valuing the work that we do with you.

Exciting News! 'Cycle, Scoot and Walk to Santa' will return for a 2nd year—watch this space!

Many thanks

Gemma & Eric

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 Cambs
website ...
<http://www.bikeitcambs.org>**

Bike It+ has an extensive range of resources all of which can be downloaded from Bikeitcambs.org or borrowed from us or Jill Foster in PECT

Physical Education

Cycling or scooting in PE
Stabiliser free

PECT Education Resources available to borrow via Jill Foster (jill.foster@pect.org.uk)

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

See Bikeitcambs.org for a breakdown of Jill's resources.

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)



Sustrans Suss It out

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>

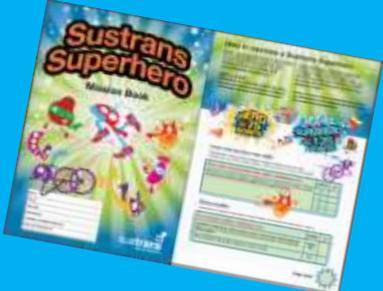
- Staying Safe
- Being Healthy
- Exploring
- Looking after your World
- Future Journeys

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.

Other inspiring activities for schools:

Big Street Survey
Big Pedal
Big Shift



Bike It Cambs
website ...
[http://
www.bikeitcambs.org](http://www.bikeitcambs.org)

Your schools update

September 2016–July 2017

The officers in Peterborough delivered **166 activities** across all schools engaged in the project, attracting **16,320** attendances including pupils, siblings their parents and teachers.

Bike counts
12510

Scooter counts
10238

To register and log weekly bike and scooter counts (Bike It crew can help to do this) please register your school at:

www.bikeitdata.org.uk/schools

Region: East of England- Peterborough.

Use a school office email & create a memorable password e.g. Bikelt1

...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 May 2017 are £73.12

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 office for the lesson resource.

CYCLE SKILLS

Run throughout a school day, groups of ten children that can already ride but are keen to improve on their control of bikes. Why not incorporate this into PE sessions, ask your Bike It officer for our 'Cycling in PE' resource.

SCOOTER SKILLS

Groups of ten children and takes around 20 mins per session. Children will improve their control of scooters through a series of games. Cycle skills games can be adapted to suit Scooter skill training and teach awareness of scooting with others.

PECT ECO AWARDS DAY

Again another inspiring year, we were delighted to see so many Bike It schools promoting active travel through work that you have done with Bike It.

Thank you all so much

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.

Dates for the diary

Why not plan some of these activities over the **Autumn period...**

September – November
2017

- ◆ Borrow a Bike It resource
- ◆ Bike & Scooter obstacle course.
- ◆ Balance bikes
- ◆ Cycle/scooter skills
- ◆ Off the stabilisers
- ◆ Bling your Bike and Scooter and **promote 'Be Safe and Be Seen'**. You could do your own Halloween, recycle themed or Christmas Bling It.
- ◆ Sustrans Superheroes
- ◆ Cycle, Walk and Scoot to Santa in Lapland

Please do ask us for advice on running your own sessions.

We hope that it will be business as usual after November if additional funding has been confirmed.

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:

