

# Sustrans Bike It+ Update

## The Big Pedal 2016 is almost here!



The Big Pedal is the UK's largest inter-school cycling and scooting challenge. Schools compete to see who can record the greatest number of bicycle and scooter journeys over two weeks. The competition will run this year from 18<sup>th</sup>-29<sup>th</sup> April. Schools can take part in the whole competition or just one day but their best 5 days will decide their final position. Teachers, parents and pupils are all

encouraged to take part in the challenge. Cycle or scoot to school every day and encourage your friends, school staff and parents to do the same. Record your journeys on The Big Pedal website and try to increase your score each day.

There are some great national prizes up for grabs, but in Peterborough this year we are offering **Pedal Powered Cinema** and **Keelen Phillips**, one of the top BMX flatlanders to perform in front of the whole school, as well as running two short break out workshops for pupils.

## About Sustrans

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. Support Sustrans today.

## About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with around 24 schools over a three-year period to create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit: [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Voyager Academy Sustrans 'Move' award

Year 9 pupils have been taking part in the new **Sustrans 'Move' award** designed for Secondary pupils aged 11-16 to develop the confidence and skills to travel actively and independently by walking, scooting and cycling. The pilot has been a success and all pupils that took part achieved their Bronze award certificates plus L1-L3 Bikeability. The Champion also organised & ran an in house cycle ride which enabled pupils to plan their journey using cycle maps and ordinance survey maps and then they rode it!

Year 7 Active Citizenship pupils have been busy promoting and raising money for Sustrans as part of their 'Safe Cycling' projects. Pupils have raised £80.47 for Sustrans.

**Bike It officers would like to say a big thank you to all Champions, staff and pupils involved with Bike It you have all been doing some amazing work this term!**



## We'd love to hear from you...

Sustrans' Bike It+ officers for Peterborough are Gemma Murphy and Eric Schneider.

Contact Gemma on **07554 887873** or [gemma.murphy@sustrans.org.uk](mailto:gemma.murphy@sustrans.org.uk) and Eric on **07824 486 172** or [eric.schneider@sustrans.org.uk](mailto:eric.schneider@sustrans.org.uk)

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## Nene Valley – Feedback!

“...I would absolutely 100% recommend this to other parents. I do not think the instructor was saying anything that the parents may not have said to the children before, but sometimes it is a real help to hear it from a different voice. It also took away some of the pressure to perform from the kids. It may not be all children but I know Georgia really wanted to do well to please us all as we cycle a lot as a family, and that perhaps made her put extra pressure on herself when she was practicing with me.

Thanks very much for organising it, and please pass on my thanks to the Sustrans chap, I forget his name, but really patient and positive with the children” Kind Regards  
**Nick Cleathero (Parent at Nene Valley) 01/03/16**

“It was amazing. Especially as a single mum. I don't get the chance to do many activities one on one with my children so it was invaluable.

Wouldn't change anything. Particularly good that it was in school hours so my other child was busy elsewhere.

Would definitely recommend”

**Lynsey Mason (Parent at Nene Valley) 01/03/16**

## Orton Wistow Smoothie Bike Breakfast –from Foundation Studies!

"I knew it was going to be a good day today!"

"I've pedalled so fast I'm out of breath!"

"These smoothies are healthy because they are fruit."

"Please can I take that bike home?"

## KS2 Cycle Skills at St Thomas More

St Thomas More's Champions booked in for a day of KS2 Cycle Skills where staff were encouraged to come out to join Bike It officers to learn how to incorporate cycling into PE lessons. If you would like more information and would like us to run a similar session for your school, please do get in contact with Gemma or Eric.



## Bike It – we need your QUOTES!

**Bike It is always looking out for quotes to send to our funders and in present times these quotes could help to make a real difference to Bike It funding, so we would like to encourage you all to send us back something.**

All we need is a ... quote, name of person (*if they are happy to supply it*), a date and the context in which it was said i.e. which Bike It event did it happen at?

**Nene Valley Primary** recently sent us back some great feedback from their 'Off the Stabilisers' and 'Learn to ride' sessions; and it doesn't need to be too long either, also see what Foundation Studies pupils at **Orton Wistow** said at their first Smoothie Bike Breakfast in the green box to the left!

We are really gratefully for anything that you can send us.

Thanks Gemma & Eric 😊

