

Bike It+ Peterborough



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Check out our website
www.bikeitcambs.org

Bike It+ School levels of engagement

■ INTENSIVELY ENGAGED

A school's first year of Bike It will have a Bike It officer present to help to get you started.

■ SUPPORTED

Usually a school's second year engaged in the project. The Bike It officer supports the school, but the school is starting to take more of a lead role in running their own events to encourage active sustainable travel.

■ AT DISTANCE

Schools will see less of the Bike It officer as they have successfully made significant behavioral changes towards Active Travel. School Champions will run their own events in their schools; and staff and parents will continue to support this.

Bike It+



Bike It+ has worked with over 24 schools across Peterborough. The project is funded by Peterborough City Council.

Bike It+ offers a range of activities that aims to link in with school curriculum wherever possible and will offer bespoke lessons tailored to the needs of a school.

[This term we are encouraging staff to attend our sessions to shadow us in order to run your own in house activities.](#)

School Champions

Each school has a School Champion; a main contact for the project and occasionally some schools will delegate this role to a number of other members of staff.

School Champions work with the schools Bike It officer to plan and book in activities over the course of the year, tying in with school curriculum or developing children's skills on bicycles or scooters.

Bike It crew

A group of children made up of representatives usually from KS2 classes but occasionally KS1 as well. The Bike It crew help make decisions and determine types of activities that they wish their school to take part in. The School Champion works with the Bike It crew and Bike It officer to plan activities for academic year.



Sustrans working with ModeShift

While many schools have already worked with Modeshift Peterborough has traditionally relied upon Sustrans Bike-Its own School Mark. Sustrans and ModeShift have made a joint decision to have a single platform and Bike-It can help schools get the most out of Modeshift Stars

Bike It+ Pre and Post Hands Up Surveys

We work closely with our funders and they are keen to know what we are doing in each school that signs up to the Bike It+ project. One of the ways that we do this is via the **Pre and Post Hands Surveys** which are vital to the continuation of Bike It+ funding. The statistics will ideally show percentage increases in active travel (cycling, scooting and walking) with a decrease in the amount of car journeys made to school by parents and staff.

Sustrans and Modeshift

Sustrans' School Mark has now closed and we are helping and encouraging schools to transition to Modeshift Stars.

ModeShift Stars is a **comprehensive Travel Planning tool that:**

Creates, develops and supports Travel Plans

Assists in monitoring and evaluation

Recognises and rewards excellence for the promotion of sustainable and active travel



Bike It+ Menu

The project runs a number of activities and we are always happy to design bespoke lessons to tie in with curriculum. For example a new school will consider this as a typical menu:

Starters

- ◆ School Champion planning meeting and Pre Hands Up surveys collected
 - ◆ Bike It crew recruitment and meetings
 - ◆ Whole school introductory assembly

Mains

- ◆ First whole school competition e.g. Be safe, be seen assembly followed by a Bling your bike and scooter completion.
 - ◆ Golden Lock and Bike and Scooter Counts
- ◆ Dr bike and Dr scooter checks (can be run as a classroom sessions as well)
 - ◆ Balance bikes (we have 9 bikes) *(with staff shadowing)*
 - ◆ Off the stabilisers *(with staff shadowing)*
 - ◆ Learn to ride *(with staff shadowing)*
 - ◆ Cycle skills and scooter skills *(with staff shadowing)*

Desserts

- ◆ Big Pedal a national Sustrans competition. Winning prizes for schools in Peterborough are Danny Butler from Extreme Mountain Bike Show and BMX flatlander Joe Sproaty.
 - ◆ In class bike mechanics sessions
 - ◆ Bike inner tube bracelets
 - ◆ Animated Human Bike
 - ◆ Bike safety board games
 - ◆ Summer bike ride (usually run with another local Bike It school)

Bike It+ Activities run down

Dr Bike; Dr Scooter, M & ABC check, in class bike mechanics

These sessions can be tailored to suit the needs of a school. Usually a Dr bike will take place at the bike sheds with a Bike It officer fixing bikes or scooters, followed by training and assistance from the Bike It Crew. We also encourage children that own the bikes to identify their bikes and to teach them how to carry out an M and ABC check.

We can also do Dr Bike assemblies and have a PPT and props with help from the Bike It Crew.

In addition we can also run a **in classroom Bike Mechanic session.**



Off the Stabilisers, Cycle Skills, Scooter skills & Balance bikes

Off the stabilisers (KS1)

For complete beginners, KS1. Groups of 8 children and parents for approximately 1 hour. Sessions can be run at any time, usually the last hour of school or after school are popular slots. Children will gain confidence in their ability to balance on their bikes as well as setting the correct pedal positions. The session allows children and parents to build on these skills, the majority of children will be riding unaided by the end of the session.

Learn to ride (KS2 & 3 /Staff & Parents)

For KS2 children —the same as off the stabilisers but with a grown up name! Sessions can be run 1:1 or in small groups with a Bike It officer, parent or staff present.

Cycle skills (KS1, 2 & 3/ Staff and Parents)

The session is designed to teach basic cycling skills, as well as improving control of bikes through a series of cycling games to improve confidence and make your child a safer cyclist. Can be run with KS1,2&3 during school time, groups of 8.

Scooter Skills (KS1 and 2)

The session is designed to teach basic scooting skills, as well as improving control of scooters through a series of scooter games to improve confidence and make your child a safer scooter rider. Groups of 10, can be run with KS1&2.

Balance Bikes— **KS1.** We have our own 4 balance bikes or if your school has its own we can come in and deliver training during the school day. Training for staff is

Bike It+ Activities run down

Bike It Noticeboards!

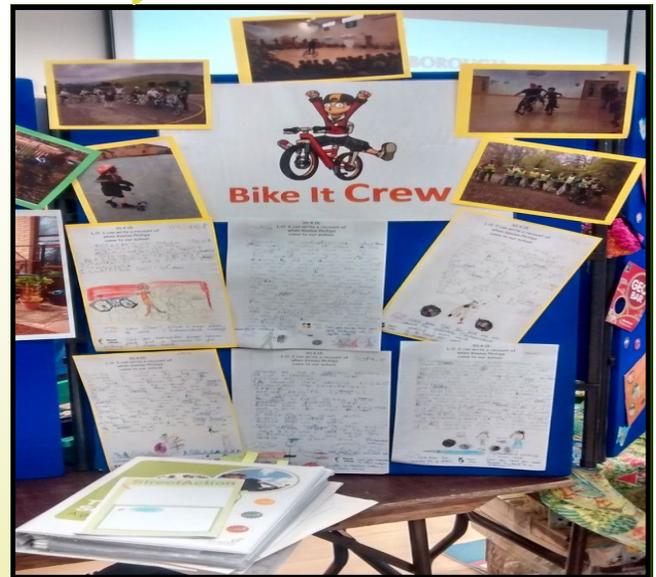
Lots of Bike It+ schools dedicate a noticeboard in the school to the project. It's a great way to advertise up and coming Bike It+ events in your school. Bike It crews can look after the boards.



Southfields Primary



Queens Drive



Hampton Hargate Eco Awards Day and



Golden Lock

The Golden Lock is a great way to incentivise children to bring in their bikes and scooters to school. If you have more than one bike shed you may need two padlocks. Bike It officers will supply the prizes and a padlock. Some Bike It+ schools have designed a golden ticket as a substitute for a padlock.

It is hoped that it will instil a behavioural change where children will continue to bring their bikes or scooters to school without the expectation of winning a prize.

If you are getting low on goodies please do let us know.

Bike It+ Peterborough

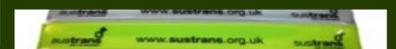
Bike and Scooter Count

When the Bike It Crew do the Golden Lock they can also record how many bikes or scooters are in school that day, using the record sheet.

This additional information helps to support the Bike It+ project ensuring a continuation of funding.

To register and log weekly bike and scooter counts please register your school at:

www.bikeitdata.org.uk/schools



Bike It+ Activities run down

Bike Rides

A number of Bike It+ schools book in with us for their annual bike rides. Which can be tied to a theme or activity e.g. minibeast hunting, bike board games & treasure hunts. Bike It officers will provide the route Risk Assessments and a ride recce with the School Champion. Each child partaking on the ride will be provided with a cycle skills session and a Dr Bike session to fix problems in advance of the event. Bike It officers can also run a Learn to ride sessions for KS2 children wishing to attend the ride but cannot ride a bike. Hi vis jackets and spare helmets are also available.

School Champions can be given advice with running their own school bike rides. We encourage joint bike rides with other Bike It+ schools.



Human Animated Bike (KS1,2 & 3) 1hrs

The session is a fun interactive way to teach children different parts of a bike. Children complete bike part identification activities in class in small groups.

Each group is nominated to become a section of the bike when out



Learn parts of the bike (KS1,2 & 3) 1hrs

This session teaches children parts of the bike as well as the M and ABC check. Bikes are used in the session and each group is provided with a pack of bike part labels which they place on the bike. The labels are divided into easy and hard packs to differentiate.



Bike It+ Activities run down

Bling It!

Bling It, can be adapted to suit the needs of your school. Usually the competition is run after a 'Be Safe, Be Seen' assembly. The winning bikes or scooters are selected by the Bike It crew and winning entries usually fit in and reiterate the importance of biking or scooting to school wearing reflective material and having bike lights.

Last Christmas we launched a Bike Wheel Christmas Wreath competition—Bling It style.

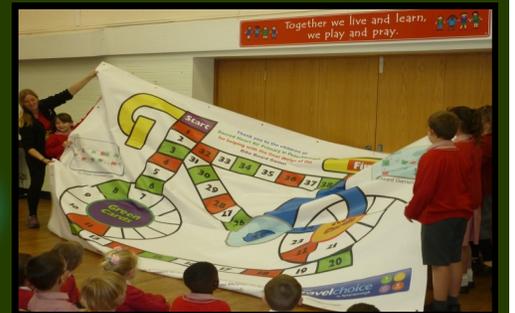


Christmas is a good time to do the competition as there is an abundance of Christmas decorations around.

Bike Safety Board Games (KS1,2 &3) 2hrs

In a Bike It crew meeting at Sacred Heart we talked a few ideas through aimed at increasing children's awareness and understanding of active travel. The most popular choice was to develop a bike safety board game. Instead of just the Bike It crew we got the whole school involved with each class to split into small groups to develop group board games and game cards.

The Bike It crew were excited to be able to be at the front of developing their idea into something that could not only help their fellow pupils but also help pupils in lots of other schools, something that they hadn't realised they could do.



With help from Sacred Heart pupils, Bike It officers had the game professionally made! If you would like to use the resources and board games please contact us.

Bike It+ Activities run down

Smoothie Bike

Smoothie Bike is a very popular Bike It+ activity. The majority of School Champions have been trained to use the bike, its equipment and run their own sessions in the absence of an officer. Risk assessments must be read and record sheets completed by the school contact running the activity. The Smoothie Bike is usually trailered out to schools, but due to popular demand we ask that schools wishing to use it may need to pick it up or drop it off at the next school.

If you would like more information about booking in for your smoothie bike day, please contact Gemma or Eric.

Types of Smoothie Bike sessions

- * Smoothie Bike Breakfast
- * Whole school Smoothie Bike.
- * New curricular activity—‘Smoothies galore’; encourages pupils to record ingredients and fruit quantities accurately, working out calorific values, design smoothie packaging, develop a sales pitch, and a poster to promote the importance of exercise.



Bike It+ Activities run down

Cress bike, scooter and walking

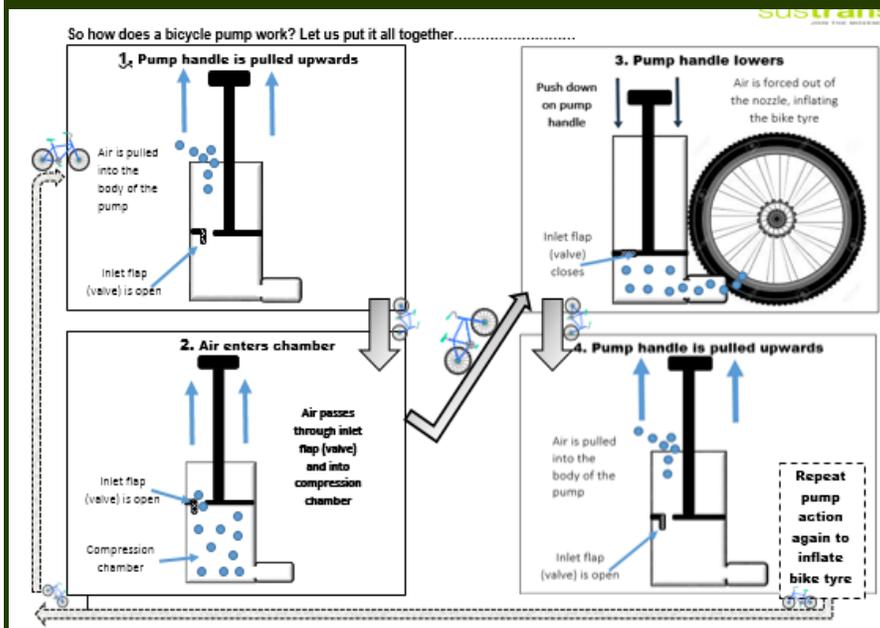
Cress Bike allows children to learn about growing their own cress bike, scooter or walking shoes. Children can keep a diary of their plants growth and learn about photosynthesis, identify what different parts of the plant are and do e.g. roots, stems, leaves and flowers. Children can draw pictures of their cress seeds before germination, during germination to a mature and flowering plant. The last activity is a play on the word 'cycle', it is a great opportunity for them to learn about 'lifecycles' of their cress bike. The resource can be adapted to suit the needs of tying in with curriculum.

For more information about this resource, workbook please contact us.



Gears and Bike Pumps

Ever wondered about gear ratios or how a bicycle pump works? Look no further we have designed a new resource used at a school for their Engineering Week. Pupils can handle bike parts to see how they are constructed, work out gear ratios and take our demo pumps apart to see which forces are used.



Bike It+ Activities run down

Inner tube bracelet bling!

Fancy getting creative and reusing old bike inner tubes to make some fantastic blinged bracelets? Well look no further. This is a fantastic resource that teaches children about the merits of recycling as well as allowing them to make some great bracelets. Most bike shops in Peterborough are more than happy to supply you with the inner tubes—you just have to ask.

The session can be run as a classroom activity or can be combined with another Bike It+ activity. If you are keen to make them just with your Bike It Crews or Eco Crews it makes a really nice activity.



Sustrans Big Pedal

The Big Pedal is the UK's largest inter-school cycling and scooting challenge, powered by Sustrans and supported by Micro Scooters.

How does the Big Pedal work?

The challenge is based on the proportion of the school roll taking part, so everyone has a fair chance to win. It is open to individual classes as well as whole schools. On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, scooting or walking to school.

Our region had around 180,000 journeys by bike and scooter this year. That included a whopping 82000 child journeys by bike scooting or walking

Check this years link: <https://www.youtube.com/watch?v=eSTZwzRqI9A>

Big Pedal in Peterborough 2019

In Peterborough, St Thomas More School saw a fabulous increase in involvement from 14% in 2015 to an incredible 94% in 2019. The 2019 Big Pedal included walking for the first time and saw more schools than ever take part with great participation levels





There are a number of different ways in which Bike It+ can link in with your schools and we can also help with School Travel Plans.

Please feel free to leave a copy of this in your Staff rooms, on school noticeboards and Bike It noticeboards.

If you would like any further information or wish to run some of these sessions in your schools please do contact either Gemma or Eric.

Thank you for taking the time to look through the Bike+ Brochure.

Gemma & Eric

Bike It+ officers

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Bike It+ wordl

With the help from pupils at the Kid Country Food and Farm Day 2018 they have helped to create another amazing Bike It+ wordl. The activity encourages children to think about...

'Why they love cycling, scooting or walking' and this is what they say



Cycling



Scooting



Walking