

# Sustrans Bike It news

## Sustrans Big Pedal Competition 2020! Wednesday 22nd April — Tuesday 5th May



The Big Pedal is back and like 2019 includes **walking. It is also unusual as it runs not from the start of a week, this is all due to the timing of Easter and because the first Monday in May is not a bank holiday!!** The competition 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 and walking to school. A schools best 5 days will determine their final positions. A one day challenge is also available if the full two weeks are too difficult.

### Big Pedal 2019 was an amazing year

- 70% of surveyed schools said Big Pedal decreased levels of car use during the challenge.
- 65% of schools surveyed said that pupils continued to cycle, walk or scoot to school following Big Pedal 2019.
- 94% are likely to participate in Big Pedal 2020.
- Peterborough had 7 schools in the top 100

The timing of the Big Pedal 2020 is just before the VE day 75th anniversary bank holiday. Each day of Big Pedal will link into this with fun facts about Active travel & VE day.

## School Street Closures



We are very pleased to announce that

Longthorpe Primary are the latest school to be involved with the School Street Closure project.

They will be closing the roads leading up to the school for a whole week during drop off and pick up times. This is taking place from the 16th to the 20th March 2020. We are looking forward to seeing the positive impact this has during the week and hopefully afterwards.

## We'd love to hear from you



We are Gail 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 school work.

Contact Gail on 07554431327

[gail.lydall@sustrans.org.uk](mailto:gail.lydall@sustrans.org.uk)

and

Eric on 07824 486 172

[eric.schneider@sustrans.org.uk](mailto:eric.schneider@sustrans.org.uk)

\*\*\*Gemma is returning from maternity so for January 2020 you will have 3 bike it officers, so make the most of us!\*\*\*

## BIKE AND SCOOTER

Bike It would like as many schools as possible to record 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.

Please see page 3 for our latest bike/scooter count competition.

For count sheets please visit: <https://www.bikeitcambs.org/bike-it-crew>

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](http://www.sustrans.org.uk)

# Cycle, Scoot and Walk to Santa in Lapland!

## SMOOTHIE BIKE HOT CHOCOLATE FOR THE TOP THREE WINNING SCHOOLS....

to be awarded to St Thomas More, Gladstone Primary and Middleton Primary School!

Every one did really well in taking part this year and made it all the way to Lapland and back more than once! Travelling a distance of 2,233 miles per trip.

School	Total active travel distance
St Thomas More	7617
Gladstone Primary	6751
Middleton Primary	6715
Beeches Primary	4564
Thorpe Primary	4384
Ravensthorpe	3344
Queens Drive Infants	3290
St Augustines	3010

How many times did Bike It schools go to Lapland



St Thomas More = 3.41

Gladstone = 3.02

Middleton = 3.01



Beeches = 2.04

Thorpe Primary = 1.96

Ravensthorpe = 1.50

Queens Drive Infants = 1.47

St. Augustine's = 1.35



## Bike It Christmas Wreath Poster Challenge



A big thank you to the 5 schools - Hampton Hargate, Middleton Primary, Queens Drive Infants, St Thomas More and Gladstone Primary that participated in the Bike It Christmas Wreath Poster Challenge. So many great ideas, it was a real tough one for

TravelChoice to decide.

A big congratulations goes to Hampton Hargate school as the overall winner.

They will be receiving their prize of x2 YR 3 and 4 bikes with helmets shortly

## Recent Photos of School Activities



St Augustines doing their ABC checks before a cycle skills session



Santa fixing the bikes at Gladstone Primary Academy, our newest Bike It school. Oh no it's not but Eric looking a lot like Mr Claus!! Ho, Ho, Ho!!



**BIKE AND  
SCOOTER  
COUNT COM-  
PETITION  
2019-2020**

We do lots of different sessions including classroom sessions & assemblies. Try something different this Autumn / Winter

For session plans just ask your Bike It+ officer or visit [www.bikeitcams.org](http://www.bikeitcams.org)

- ◆ **BALANCE BIKES**
  - ◆ **STABILISER FREE**
  - ◆ **CYCLE SKILLS**
  - ◆ **SCOOTER SKILLS**
  - ◆ **BE BRIGHT BE SEEN**
  - ◆ **DR BIKE**
  - ◆ **OBSTACLE COURSE**
  - ◆ **GEARS & RATIOS**
  - ◆ **SMOOTHIE GALORE**
  - ◆ **BIKE MECHANIC**
  - ◆ **CRAFT SESSIONS**
  - ◆ **BLING IT**
  - ◆ **LEARN TO RIDE**
  - ◆ **LED BIKE RIDES**
- AND LOTS, LOTS MORE!!**

Congratulations to all the schools that managed to put bike counts onto the bike it database. We will be contacting you shortly to arrange dropping off your box of goodies. We would really like you to continue to put these counts on to the database. Please see the **NEW** format for this term. We would really like you to choose one day of the week where someone at the school is tasked with doing a bike and scooter count. Any school adding at least four bike and scooter counts within the term will receive a goodie bag (obviously the more you add the bigger the goodie bag!!)

Are Mondays good for doing the bike counts? No, then what about a Tuesday? Tuesdays no good then how about a Wednesday! Wednesdays no good what about Thursday? No, well that then just leaves Friday!!

To register and log weekly bike and scooter counts please register your school at:  
[www.bikeitdata.org.uk/schools](http://www.bikeitdata.org.uk/schools)  
Region: East of England- Peterborough.

# FREE RESOURCES

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

## Bike It+ Physical Education resources

Cycling or scooting in PE  
 Stabiliser free  
 Balance bike sessions

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

## 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 life 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](https://www.sustrans.org.uk/our-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-](https://www.sustrans.org.uk/our-suss-it-out-activity-sheets)



# Bike and Scooter Count challenge

4 schools took part in the first round of the Bike and Scooter challenge running Autumn term.

**Recording a total of:  
 510 Bikes and 272 Scooters**

Bike It officers would like to say a big thank you to all the School Champions and Bike It Crews for entering this information directly into our database.

**All 4 Schools will be getting their goodie bags full of wonderful bike related prizes shortly**

School	Month	Counts entered on Bike It database by schools	Recorded bikes and scooters
Middleton Primary	Sept-Dec	17	162 bikes and 147 scooters
Hampton Gardens	Sept-Dec	2	251 bikes and 84 scooters
Brewster Avenue Infants	Sept-Dec	4	60 bikes and 41 scooters
Orton Wistow Primary	Sept-Dec	3	237 bikes and 0 scooters

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

**8%**   
 the average number of pupils cycling every day after a year of Sustrans' work, four times the national average<sup>2</sup>

## Our position on the school journey and physical activity

Regular physical activity is important from an early age to promote good physical and mental health and the school journey is an important opportunity to establish this behaviour. This is what we believe needs to be done to normalise walking, cycling and scooting to school.



### Getting your kids pedalling

**Cycling is brilliant for your kids - it helps them get the recommended 60 minutes of physical activity per day, which one third of children don't currently achieve. And, once you've invested in bikes and some basic kit, it costs very little but provides so many benefits:**

- many teachers report that kids who walk and cycle to school are more alert and ready to learn than those who arrive by car
- it's fantastic fun and, for many kids, can feel much more exciting than travelling by car
- cycling can help kids get to know their local area and feel part of it
- good travel habits learned young will last a lifetime
- cyclists breathe in less pollution from traffic than car drivers

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.



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

