

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, but you may wish to log journeys for all 10 days if you wish.

How did Peterborough Bike It schools do in 2019?

Everyone did fantastically!!

% score	National Position	School
94.27	10	St Thomas More Catholic School
88.06	31	Southfields Primary School
88.05	32	Ravensthorpe Primary School
88.86	75	Orton Wistow Primary
81.74	84*	Brewster Avenue Infant School
81.53	77	Middleton Primary
80.00	92	Hampton Hargate Primary
77.68	125	Beeches Primary
73.60	182	St Michaels Church School
70.83	225*	St Augustines Primary
67.63	301	Queens Drive Infants
61.03	414	Nene Valley Primary
60.88	418	Woodston Primary
57.95	472	Newark Hill Academy
48.77	607	West Town Academy
43.52	532*	Sacred Heart Primary
40.95	666	Longthorpe Primary
40.22	674	Thorpe Primary

* Small primary category



Save the date - Wednesday 22nd April — Tuesday 5th May

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. **Just in case you didn't know Gemma had a baby boy in April & he's called Robert. Gail is therefore Gemma's maternity cover until Gemma comes back, hopefully in March 2020.**

Contact Gail on 07554431327

gail.lydall@sustrans.org.uk

and

Eric on 07824 486 172

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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

Cycle, Scoot and Walk to Santa in Lapland!



Our Christmas Virtual Race is back !

As always there are great prizes up for grabs including our

SMOOTHIE BIKE HOT CHOCOLATE

FOR THE TOP THREE WINNING SCHOOLS....

TO BE AWARDED TO YOUR TOP CLASSES IN THE CHALLENGE!



So what do we need to do?

This is a virtual race where children cycle, scoot or walk to school to compete in a Bike It+ school competition. Each time a child cycles, walks or scoots to school, they will be credited with 1 mile into school and 1 mile home.

These miles will be used to map your school's journey to Lapland.

Which is 2,223 miles away from Peterborough.



Monday 2nd December- Friday 13th December



Bike It Christmas Wreath Poster Challenge

Each school will create a bicycle wheel Christmas wreath. We suggest that any student that wants to can submit a design using the Bike It poster template. Each class then votes on their favourite design in their class. The Bike It crew then select the overall winning design which the school will create. How you come up with your final design is up to you.

TravelChoice will judge all schools final wreath designs. This year the prize for first position will win

4 X FROG BALANCE BIKES AND HELMETS!

or if you prefer two new pool bikes for KS1 & above to use in your own sessions, or to use if children forget or have unsafe bikes during school learn to ride or cycle skills sessions.



This could be your school
in 2020!!

Danny Butler from 'Extreme Mountain Bike show' performing to one of the Big Pedal winners in June 2019



Joe Sproat a BMX Freelance performer at one of the Big Pedal winners show in June 2019.



BIKE AND SCOOTER COUNT

bike goodies you will need to have entered counts for your school on to our database on the following competition dates (see below). Please encourage Bike It crews to use the Golden Lock as an opportunity to collect this information. Bike It will also provide a goodie bag of prizes for the Bike It crew at the winning school! * Please note - to qualify each of the 3 weeks must have bike counts submitted & all participating schools win a prize, not just the top ones *

Competition dates :

Bike Week 23-27th September 2019

Halloween 28th October to 1st November 2019

Road Safety Week 18 -22 November 2019

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

- ◆ **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**

Bike It will be providing the top class within each participating school with a box of bike related goodies for logging your bike & scooter counts as often as you can within the competition weeks. To qualify for a box of

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

Cross 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)



School Street Closures



On the left is a photo taken during the Ravensthorpe Primary street closure event on the 25th March 2019. This took place for the whole day with lots of activities happening throughout the day. We are looking to do more street closures with schools that have issues with their school run. If this is something you might be interested in please let us know. We would look to close the road/ roads around your school during the morning and afternoon school run. It would need support from the whole school, local community & the council.

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 average²

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.

10 things we have learnt from working with schools

At Sustrans, we are passionate about helping more children to walk and cycle to and from school. Since 2004, we have worked with more than 2,000 schools across the UK, helping children build walking and cycling into their everyday school journey and instil a love of activity in them.

1. Start Young
2. One step at a time
3. Balance bike is a perfect start
4. Safe Routes to school
5. Getting families on board
6. Working in partnership and tailor to needs
7. Walking and cycling is part of the solution
8. Young people want to be active
9. It's not all about the bike
10. Building trust

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

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:

