

Sustrans Bike It news

Sustrans Big Pedal Competition 2019! Monday 25th March—Friday 5th April



The Big Pedal is back and new to this year is the addition of **walking!** 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 to find your best 5 days..

How did Peterborough Bike It schools do in 2018?

% score	National Position	School
77.98	7	St Thomas More Catholic school
64.18	16	Orton Wistow Primary
45.87*	145	Brewster's Avenue Infant School
38.29*	209	St Augustines Primary
34.38	157	Hampton Hargate Primary
34.19*	261	Sacred Heart Primary
28.98	235	Middleton Primary
27.85	250	Queens Drive Infants
24.51	303	Newark Hill Academy
24.38	304	Nene Valley Primary
23.40	316	Longthorpe Primary
21.83	340	Woodston Primary
21.11	349	Beeches Primary
9.91	484	Fulbridge Academy

Prizes

There are lots of Sustrans Big Pedal prizes up for grabs throughout the competition, details to follow shortly. Bike It Peterborough has already booked our local Big Pedal Show prizes for the Top 3 scoring Bike It schools on Tuesday 21st and Wednesday 22nd May. We are excited and pleased to welcome back:

Danny Butler from 'Extreme Mountain Bike show', and Joe Sproat a BMX Freelance performer!



Save the date | 25 March - 5 April 2019

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

BIKE AND SCOOTER COUNTS

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!

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

to be awarded to St Thomas More, Middleton Primary and The Beeches 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	7779
Middleton Primary	7406
Beeches	7116
Woodston Primary	5,392
St Michaels Church School	4152
Nene Valley	4170
Queens Drive Infants school	2,840
St Augustine's Juniors	2,606

How many times did Bike It schools go to Lapland and back from Peterborough?



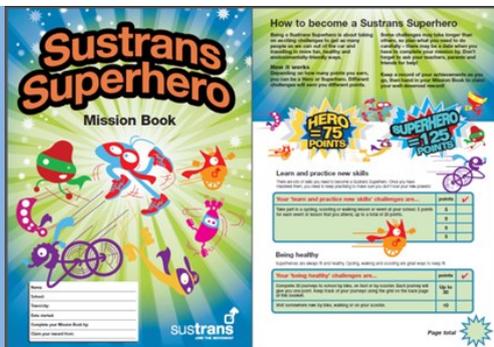
Bike It Christmas Wreath Poster Challenge

A big thank you to the fourteen schools 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 Middleton Primary school as the overall winner.

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





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.

sustrans.org.uk/superheroes

...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**

BIKE AND SCOOTER COUNT COMPETITION 2018-2019

counts for your school on to our database between 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!

Competition dates:

1st October to 19th December 2018

21st January to 5th April 2019

29th April to 5th July 2019



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

www.bikeitdata.org.uk/schools

Region: East of England- Peterborough.

Running Balance Bikes, Learn to Ride and Cycles skills

For session plans just ask your Bike It+ officer or visit www.bikeitcams.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 Summer 2018 are £73.13 ex VAT, the bikes retail at £135. Prices are subject to change.



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 officer for the lesson resource.

CYCLE SKILLS

Why not incorporate this into PE sessions, ask your Bike It officer for our 'Cycling in PE' resource. Cycle skills teaches basic cycling techniques, as well as improving control of bikes through a series of cycling games to improve confidence and teach children to be a safe cyclist.

SCOOTER SKILLS

Cycle skills games can be adapted to suit Scooter skill training. The session is designed to teach basic scooting skills, as well as improving control of scooters through a series of scooter games.

Bike It will be providing your school staffroom with a Picnic Hamper of delights for logging your bike & scooter counts as often as you can. To qualify for a Picnic Hamper you will need to have entered the most

FREE RESOURCES

Bike It+ Physical Education resources

Cycling or scooting in PE
Stabiliser free

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.

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-services/who-we-work/teachers/classroom-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>



Bike and Scooter Count challenge

Five schools took part in the first round of the Bike and Scooter challenge running from Monday 1st October—Wednesday 19th December.

**Recording a total of:
867 Bikes and 1069 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.

Middleton Primary came out on top winning a picnic hamper, please follow the link for the article in Peterborough Today: <https://bit.ly/2soaj5l>

School	Month	Counts entered on Bike It database by schools	Recorded bikes and scooters
Middleton Primary	Oct-Dec	50	370 bikes and 568 scooters
St Augustine's Juniors	Oct-Dec	10	130 bikes and 206 scooters
Ravensthorpe Primary	Oct-Dec	10	239 bikes and 221 scooters
Queens Drive Infants	Oct-Dec	4	30 bikes and 54 scooters
Hampton Gardens	Oct-Dec	1	98 bikes and 20 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 average²

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

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

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:

