





St. Andrew's C
Primary School

Ivory

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BIKE IT PLUS

Activity Menu



THE BIKE IT CREW

The Bike It Crew are a group of pupils who promote healthy lifestyles by encouraging more children to walk, cycle and scoot to school.

Their jobs include

- Creating posters and leaflets.
- Giving inspirational assemblies.
- Giving presentations to parents
- Running competitions
- Conducting bike and scooter counts
- Conducting air quality monitoring
- Bikes Maintenance

For all their hard work they will get some special rewards too!



PARENT ENGAGEMENT

Map and Chat

A pop up stalls in the play ground at the end of the school day. Giving parent/careers an opportunity to meet the schools bike it officer, find out about up and coming activities and get advice. Large maps of the area around the school can be created for these events and parent/careers and pupils are encouraged can draw their route to school.

Coffee Morning

Bike It Coffee mornings are an opportunity to share with parent/careers the key messages of bike it up and details of coming events. Presentation in these coffee morning are often given by Bike It Crew Pupils, supported by the Bike It Officer.



CAR FREE DAY/PLAY STREETS

Car Free Days

Interclass competition where classes compete to see which class can have the fewest pupils driven to school on that day. With the winning class will be rewarded with an age appropriate trip or skills session.

Play Streets

The road in front of the school is closed to allow the children to play and the community to come together. They are a great way of showing the school community how much more child friendly the environment around a school can be if you remove through traffic.



BE BRIGHT DAY

As the dark nights draw in, we want to draw attention to the importance of being seen to be safe.

Be Bright Day

Pupils decorate their bikes, scooters and back packs with bright colours at home bring them to school. Prizes are awarded for best bright walker, scooter and cyclist.

Pupils will also be rewarded for traveling car free.

KS2 pupils can take part in a 1hr workshop linked to the Be Safe Be Seen theme.



AIR QUALITY AWARENESS

Air Quality Classroom Sessions

Pupils learn about air pollution, how it impacts their health, local air pollution hotspots and what they can do to improve quality of the air they breathe.

Air Quality Walks

Walking trip in the local area where pupils can use lichen identification to indicate the levels of pollution.

Air Quality Monitoring

Pupils have the opportunity to use Nitrogen Diffusion tubes and particulate matter monitors to establish the levels of pollution around their school.



HEALTHY HEART

This science session gives pupils the opportunity to learn about the importance of physical activity for their heart.

Pupils conduct an experiment to establish which way of traveling to school gives their heart the best workout by re-enacting how they travelled to school on the school play ground.

This cross- curriculum session combines maths, science and PE and is suitable for pupils in KS2.



TEACHER TRAINING

We offer FREE training for any school staff who would like to run a bike club at the school or cycling sessions as part of PE.

The training will equip staff with all the skills they need to run your own cycle skills session or Bike Club.

These are arranged a number of times a year. Your Bike It Officer will let you know when the next training is arranged and how to book a place.



CYCLE/SCOOTER SKILLS

These sessions can be tailored to every year and skill group.

- Learn to ride
- On yard skills session
- On road training
- Parent and staff sessions
- Bike Clubs



DR BIKE

Pupils bring their bikes to school for a Free Bike Check up by trained mechanic.

Simple faults will be repaired. If the bike has a more complex fault they will be explained and pupils will be signposted to local bike shops.

A note is left on each bike detailing if the bike is safe to ride, any work carried out and any further work required.



BIKE MAINTENANCE

Pupils get the opportunity to learn about how bikes work and how to fix simple faults.

We also run curriculum linked session on ...

- **Gear and ratio**
- **Friction and force**

Using pupils bikes to help reinforce their learning on these topic.



GOLDEN LOCK

This is a weekly competition run by the Bike It Crew.

Once a week the Bike It Crew will lock the golden lock to one bike or scooter.

On finding the lock on their bike scooter the pupil go to the school office for the key.

Once they have returned the lock and key to the office they are able to select a prize.



BIG PEDAL

22ND APRIL - 5TH MAY

The Big Pedal is a Sustrans nationwide active travel competition. Schools across the country compete to have the highest percentage of their school roll walking, scooting and cycling to school.

Prizes are awarded throughout the competition as well as for the overall winner of the event.

Pupils cards will be stamped if they walked, cycled or scooted to school.

Pupils who get 5 stamps on their card will be entered into a prize draw, with one main prize such as a stunt scooter.



BIG STREET SURVEY

This session involves some classroom based learning and short local walk.

Pupils learn about urban design and how simple changes to the environment could make a big impact on travel choices, as well as how greening can help to reduce air pollution.

Outside of the classroom pupils conducted a street audit of the roads around their school.

The session culminates in pupils creating a 5 point manifesto for change in their local area. A follow on activity could be presenting this manifesto to local decision makers.



WALKING BUS

A walking bus is a supervised group of children who walk together to school. Children can be supervised by parents, teachers or adult volunteers.

As part of the project we will support the school to set up both one off and regular walking buses.

Walking buses work best when you have a large group of pupils who are regularly walking the same route.



NATURE WALKS

Nature walks give pupils the opportunity to explore the local area.

These sessions can be tailored to all years groups and curriculum outcomes.

Parent volunteers can be involved to help promote off road routes to the school.



FOCUS GROUPS

Focus groups are conducted at the start and end of the project. The focus group are conducted with 6 pupils from Year 5.

These focus group allowed us to gain an understanding of pupil's attitudes to different modes of transport and their perceived barriers to active travel.

These focus groups allowed us to create a bespoke programme of activities for each of our schools which address pupils barriers to active travel. As well as equipping them with the skills and knowledge to overcome these barriers.



MONITORING SUCCESS

The project is completely **FREE** to the school as it is funded by the local council. A requirement of that funding is that we monitor the impact of project on the way family's travel to the school.

Hands Up Surveys are our main method of recording this impact. They are conducted at the start and end of each school year. The survey is conducted per class with hands up to answer questions about how the children travel.

These surveys **MUST** be completed at the start and end of the project. The results can also be used on **STARS**

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey. www.sustrans.org.uk

For More information and to book sessions
contact bikeitpluslondon@sustrans.org.uk



Twitter @SustransLondon
www.sustrans.org.uk