



# WHAT CAN **BIKEABILITY** DO FOR YOUR SCHOOL?

Bikeability is much more than a cycle training programme. It delivers wide-ranging and long-lasting benefits to young people, families and communities.

Bikeability supports the culture, ethos and environment of a healthy school and can contribute to:

Bikeability is today's cycle training for the 21st Century. It is based on the government-approved National Standards for cycle training. It is about gaining practical cycle skills and understanding how to cycle on today's roads giving pupils the skills and confidence for all kinds of cycling.

Bikeability is organised and delivered at your school or locally by registered Bikeability providers who come to you.

## **ATTAINMENT**

## **PERSONAL, HEALTH, SOCIAL & ECONOMIC EDUCATION (PHSE)**

## **CITIZENSHIP & BRITISH VALUES**

## **EMOTIONAL HEALTH & WELLBEING**

## **SCHOOL SPORT, PHYSICAL ACTIVITY & PHYSICAL LITERACY**

## **SPIRITUAL, MORAL, SOCIAL & CULTURAL DEVELOPMENT (SMSC)**

## **CROSS-CURRICULAR OPPORTUNITIES**



Department  
for Transport



Youth Sport Trust

## Attainment

### Bikeability can contribute to pupils' attainment and achievement due to:

- pupils with better **health** and **wellbeing** are less likely to be absent and therefore more likely to **achieve** academically
- effective social and **emotional competencies** developed through Bikeability are associated with greater health and wellbeing
- the culture, ethos and environment of a school influencing the health and wellbeing of pupils and their **readiness** to learn. Bikeability training contributes to this ethos.

## Personal, Health, Social & Economic Development

### Bikeability strengthens opportunities for pupils to:

- learn how physical activity and cycling positively affects **physical health** and **wellbeing**
- **recognise that choices** can have positive, neutral and negative effects
- recognise, predict, **assess and manage risks** responsibly while cycling in their local area and using these opportunities to build resilience
- increase **independence** when cycling and be aware of their responsibility to keep themselves and others safe
- work with others to **assess, review, enjoy, celebrate and set goals** for progress in cycling ability, setting high aspirations and having a **desire to improve**
- develop strategies for keeping **physically and emotionally safe**, through road safety and cycle safety.

## Citizenship & British Values

### Bikeability creates opportunities for pupils to:

- develop an understanding of, and be able to describe the **rules** and **laws** relating to cycling and the use of highways
- recognise legal boundaries and **respect** the civil and criminal law of England in relation to safe cycling
- develop critical **thinking skills** through making choices about routes, speeds, environments
- express views in a **responsible** and sensitive way
- appreciate **diversity**, understand different viewpoints, **collaborate** for change and support all pupils to enjoy cycling.

## Emotional Health & Wellbeing

### Bikeability can help pupils to:

- understand how an active lifestyle can support **emotional health**
- **enjoy** recreational cycling in the wider community with friends and family
- increase confidence, **decision-making** and **self-esteem** through **challenge** and achievement of goals related to Bikeability
- develop **perseverance** and **resilience** when learning new cycling **skills**
- understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources.



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### Bikeability provides pupils with a pathway to:

- participate in regular **active travel competently** and **confidently**
- participate in cycling out of school hours and develop lifelong **physical activity** habits
- enter cycling **competitions** (intra-school, inter-school and club) and participate in cycling **leadership** opportunities
- experience a range of **cycling opportunities** (i.e. BMX, road racing, time trials, cyclo-cross, mountain bike racing, track cycling and cycle speedway. Non-racing cycling sports include artistic cycling, cycle polo, freestyle BMX and mountain bike trials)
- achieve the Chief Medical Officer recommended daily **60 active minutes**.

## School Sport, Physical Activity & Physical Literacy

### Bikeability enables pupils to:

- recognise the difference between right and wrong, develop acceptance of and engagement with the fundamental **British value** of democracy
- understand the **consequences** of their **behaviour** and **actions**, making appropriate decisions while cycling
- use a range of **social skills** both in and out of school as they participate in and advocate the benefits of cycling safely
- willingly participate in sporting or physical activity opportunities, having the confidence to **enjoy cycling** out of school hours.

## Spiritual, Moral, Social & Cultural Development

### Bikeability creates opportunities for pupils to:

- develop **speaking and listening** skills, including positional and directional language
- read a variety of **non-fiction** texts including handbooks, signs and instructions
- use knowledge and understanding developed in **science**: cogs, wheels, forces, power, air and speed
- use their experiences of Bikeability as a source for topics in **literacy** (instructional, creative, reports, poetry)
- use learning achieved in **numeracy** through shapes, direction, distance and speed
- develop **geographical knowledge** and confidence when following maps, routes and pathways
- support physical education outcomes such as **balance, stability and coordination**.

## Cross-Curricular Opportunities



# CASE STUDIES

## Redcar & Eston School Sport Partnership

Bikeability supporting  
Physical Activity outcomes

### What do they do?

Redcar & Eston School Sports Partnership has an active Bikeability Scheme. Bikeability is included in each and every annual Primary Schools Action Plan under the Healthy and Active Lifestyles outcomes, and is able to meet the unique needs of each school.

### What is the impact?

Ings Farm Primary School, Redcar reported a 20% increase in the number of Year 5 pupils cycling to school as a result of improved confidence and skills to ride safely on roads following completion of Bikeability level 1 and level 2 training.

Wheatlands Primary School, Redcar reported that 30 Year 6 pupils passed their Bikeability level 2 training, resulting in improved knowledge and understanding of riding a bike on a road. All 30 report being more active on their bikes outside of school and more than 33% of these children now regularly ride their bikes to school contributing to their daily 60 active minutes as recommended by Chief Medical Officers.

## Department for Transport

Bikeability supporting  
cross-curricular learning

### What do they do?

The Bikeability website [www.bikeability.org](http://www.bikeability.org) provides a range of templates, activity sheets and question sheets to support a variety of curriculum areas.

### What is the impact?

The resources provide cross-curricular teaching and learning in geography, maths, science, art and design and health and fitness (PE). Each resource provides a direct link to cycling and Bikeability to extend learning through Bikeability level 1 and level 2 training.

## St Breock Primary School

Bikeability supporting  
Spiritual, Moral, Social &  
Cultural Development

### What did they do?

Having completed Bikeability level 1 and level 2 training, girls in years 5 and 6 were encouraged to motivate their parents and siblings to join in weekend family cycling sessions. The Head Teacher initiated the weekend family rides supporting the girls to confidently lead their families. They would meet and cycle together along the routes the girls had undertaken as part of their school Sport for All sessions, including The Camel Trail to Padstow.

### What was the impact?

The confidence and self-belief of the girls improved so much through the Friday cycling sessions that they regularly attended the Saturday family rides. This led to the organisation of a cycling holiday for families in Belgium. Pupils planned routes, visited various historic sites, followed Belgian road laws and safety regulations. This trip was led by the Head Teacher.

*"The trips on the Camel Trail every week were great for the scenery and stopping to practise techniques like figure of eights and controlling your bike in a tight space. I learnt about the bike gears and making sure the bikes were safe for us to ride. I enjoyed it when my family could join the group at weekends, as it made us do cycling together as a family. Our cycling trip to Belgium was fantastic.*

*We cycled about 253 km in the week and planned the routes every morning. It made me have much more confidence in cycling and love it even more. We are going to Belgium cycling again this year!"*

- Key Stage 2 Primary Pupil

Take advantage of government funding and contact your Local Authority or School Games Organiser Host School for more information about their Bikeability training delivery.

For more information on Bikeability please go to [www.bikeability.org.uk](http://www.bikeability.org.uk), contact us at [contactus@bikeability.org.uk](mailto:contactus@bikeability.org.uk) or call us on 0800 8491017.

For more information on The Association of Bikeability Schemes (TABS) please go to [www.tabs-uk.org.uk](http://www.tabs-uk.org.uk) or email [info@tabs-uk.org.uk](mailto:info@tabs-uk.org.uk).

For more information on the Youth Sport Trust please go to [www.youthsporttrust.org](http://www.youthsporttrust.org) or call us on 01509 226662