

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
- the profile of PE and sport being raised across the school as a tool for **whole-school improvement**

Attainment

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
- experience a **broader range** of sports and activities being offered

Emotional Health & Wellbeing

Bikeability provides pupils with a pathway to:

- achieve the Chief Medical Officer recommended **60 minutes of physical activity a day**
- experience a **broader range** of sports and activities being offered
- increase participation in competitive sport
- 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)

School Sport, Physical Activity & Physical Literacy

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
- achieve at least **60 minutes of physical activity a day**, of which 30 minutes should be in school

Personal, Health, Social & Economic Development



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 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 and environments
- express views in a **responsible** and sensitive way
- appreciate **diversity**, understand different viewpoints, **collaborate** for change and support all pupils to enjoy cycling

Citizenship & British Values

WHAT CAN BIKEABILITY DO FOR YOUR PRIMARY SCHOOL?



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**
- benefit from the raised profile of PE and sport across the school as a tool for **whole-school improvement**

Cross-Curricular Opportunities

Bikeability can support the culture, ethos and environment of your school, contributing to active travel and the independence and health of your pupils.

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

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. It is included in every annual Primary Schools' Action Plan under the Healthy and Active Lifestyles Outcomes, and meets the unique needs of each school.

Examples of impact

Ings Farm Primary School, Redcar, reported:

- A 20% increase in the number of Year 5 pupils cycling to school.
- Improved confidence and skills to ride safely on roads.
- Improved physical activity levels following Bikeability training.

Following completion of Level 2 Bikeability training, Year 6 pupils from Wheatlands Primary School, Redcar, reported:

- Improved knowledge and understanding of riding a bike on a road.
- 100% reported being more active on their bikes outside of school.
- More than 33% of the pupils now regularly ride their bikes to school.

PE AND SCHOOL SPORT PREMIUM

How does the funding work?

Schools in receipt of the PE and School Sport Premium must use the funding to make additional and sustainable improvements to the quality of PE and sport offered.

There are five key indicators that schools should expect to see improvement across:

- The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- The profile of PE and sport is raised across the school as a tool for whole-school improvement.
- Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

How does Bikeability support this?

Schools engaged in Bikeability can contribute to a number of the above indicators, as well as developing the social, creative, health, physical and thinking abilities of pupils.

MORE INFORMATION

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, contact us at contactus@bikeability.org.uk.

St Breock Primary School

Bikeability supporting Spiritual, Moral, Social and 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 families to join in weekend cycling sessions. The Head Teacher initiated the weekend family rides, supporting the girls to confidently lead their families.

Examples of impact

St Breock Primary School reported:

- Confidence and self-belief of the girls improved.
- Girls regularly attended the Saturday family rides.
- Girls took a leadership role.
- A family cycling holiday was organised, and pupils planned routes, visited various historic sites, and followed Belgian road laws and safety regulations.

"I enjoyed it when my family could join the group at weekends, as it made us do cycling together as a family."

"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



WHAT CAN BIKEABILITY DO FOR YOUR PRIMARY 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 is organised and delivered at your school or locally by registered Bikeability providers.



Department for Transport

