



Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2021, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 19 April to 30 April. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to take active journeys to school on as many days as possible during the event, and join them on their way.

If your child(ren) live too far away from school, please could you consider dropping them off on route closer to school, so they can cycle, walk or scoot the remainder of the journey.

We have a bike rack at the front of school (in front of Miss Morris' /Mrs Topping's classroom) for children to store their bikes/scooters. If you have bike locks at home, please send your child to school with one.

Why we are taking part

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

Covid-19 has made active travel to school is even more important. The Department for Education have said encouraging active travel to school helps "to enable pupils to be physically active while encouraging physical distancing."

Plus there are some great prizes to be won every day if we get enough children taking part!



The Big Pedal is a Sustrans project. 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

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans).

Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

Useful resources

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

Please use the below link for tips on staying safe on the school run during lockdown: <https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/>.

For more information about the event go to www.bigpedal.org.uk. Enjoy the challenge!

Best wishes

Mrs Shipperd

PE and Sport Coordinator