

Activities

- Use the Big Pedal wallchart, fact cards and stickers to inspire pupils to choose human power on their way to school.
- Hold a **bike breakfast** to kick-start your Sustrans Big Pedal and reward those scooting, walking and cycling to school.
- Celebrate with a fancy dress Superhero Day on Friday 5 April.
- Ownload our Suss it out activity sheets for 10, 20 or 30-minute activities based on healthy and active journeys.
- Organise a class competition at your school.

  Offer the class with the most children cycling, walking or scooting to school a prize.

## Bikes and scooters

- You may need to create a **safe area** to store them.
- A long chain or cable can be used for securing bikes and scooters during the day.
- Use **laminated signs** to give classes/year groups a designated area to park.

## 456 Counting journeys

- Nominate someone to be your school cycling, walking and scooting champion, responsible for ensuring all classes know they need to collect daily counts. They can download class record sheets to help them with this.
- Enter your journeys onto the website each day (before 9am the following school day) for them to appear on the daily leaderboards.
- Share your school's login details with the school office in case your champion is away, ill or too busy.
- If you are a larger school, it can be easier to set up a **bike/walk/scooter** crew made up of pupils who can collect data from classes and feedback in assemblies each week/day.
- Allocate 5-10 minutes to the start of every day to record how many of your class chose human power to travel to school. Use the record sheet.
- Set up a shared access spreadsheet to log journey data to make it easy for the champion to input the information to the Big Pedal website.

## Other tips

- Position your wallchart in an area everyone can see. Check out the interactive wallchart online in class too.
- It's not always possible for everyone to cycle, walk or scoot to school. Acknowledge those pupils who can't take part by completing classroom activities and involving them in Superhero Day.
- Use social media, text message or email to remind everyone that you're taking part in Sustrans Big Pedal.

## Promoting the challenge

- Visit our <u>Big Pedal resources</u> page to find resources to help you with promotion.
- Use our <u>letter template</u> to let parents know that your school is taking part.
- Use our <u>Big Pedal presentation</u> to inspire pupils and staff.
- Hang Big Pedal posters around your school to remind them that the challenge is happening.
- Compete with neighbouring or cluster schools during the challenge using Big Pedal leaderboards. Use our email templates to challenge cluster schools to join Big Pedal and create local competition.

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. Sustrans is a registered charity no. 326550 (England and Wales) SCO39263 (Scotland). © Sustrans January 2019