



# What can Bikeability do for your primary school?

Bikeability is today's cycle training for the 21st Century. It is based on the government approved National Standards for cycle training. It is organised and delivered at your school or locally by registered Bikeability providers who come to you.

Cycling is a life skill and cycling safely with confidence is key to enjoyment and participation. Cycling also helps to develop lifelong physical activity habits.



## ATTAINMENT

Bikeability can contribute to attainment and achievement:

- Pupils with better health and wellbeing have higher levels of school attendance and more likely to achieve academically\*
- The effective social and emotional competencies developed through Bikeability are associated with greater health and wellbeing
- The culture, ethos and environment of a school influence the health and wellbeing of pupils and their readiness to learn. Bikeability can contribute to this ethos\*.

\* Source: The link between pupil health and well being and attainment: a briefing for head teachers, governors and staff in education settings. Public Health England, November 2014

## PERSONAL, SOCIAL, HEALTH AND ECONOMIC DEVELOPMENT (PSHE)

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
- Increase independence
- Work with others to assess, review, enjoy, celebrate and set goals, have high aspirations and a desire to improve
- Develop strategies for keeping physically and emotionally safe
- Recognise the benefits of active travel to self and the environment.
- Learn how active travel contributes to reducing carbon emissions and improving air quality
- Develop an understanding of how cycling can reduce congestion and idling of cars around schools



## EMOTIONAL HEALTH AND WELLBEING

Bikeability can help pupils to:

- Understand how an active lifestyle can support emotional health
- Enjoy recreational cycling with friends and family
- Increase confidence, decision-making and self-esteem
- Develop perseverance and resilience
- Understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources.

## SCHOOL SPORT, PHYSICAL ACTIVITY AND PHYSICAL LITERACY

Bikeability provides pupils with a pathway to:

- Become confident active travel habit
- Develop lifelong physical activity habits
- Enter cycling competitions (intra-school, inter-school and club)
- Participate in cycling leadership opportunities
- Experience a range of cycling opportunities (i.e. BMX, road racing, time trials, cyclo-cross)
- Achieve an average of at least 60 active minutes per day across the week\*.

\* Source: Physical Activity Guidelines UK. Chief Medical Officers' report, September 2019  
[www.gov.uk/government/publications](http://www.gov.uk/government/publications)



FOR MORE INFORMATION VISIT:  
[WWW.BIKEABILITY.ORG.UK](http://WWW.BIKEABILITY.ORG.UK)

## CITIZENSHIP AND BRITISH VALUES

Bikeability creates opportunities for pupils to:

- Develop an understanding of, and be able to describe the rules and laws relating to cycling
- Develop an understanding of what the appropriate behaviours are and develop a sense of belonging amongst adult road users
- 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
- Appreciate diversity, understand different viewpoints, collaborate for change.

## SPIRITUAL, MORAL, SOCIAL AND CULTURAL DEVELOPMENT (SMSC)

Bikeability enables pupils to:

- 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.

## EMOTIONAL HEALTH AND WELLBEING

Bikeability creates opportunities for pupils to:

- Develop speaking and listening skills
- Read a variety of non-fiction texts (handbooks, signs, instructions)
- Enhance scientific knowledge and understanding (of cogs, wheels, forces, power, air, speed)
- Use Bikeability as a source for topics in English (instructional, creative, report writing, poetry)
- Apply learning achieved in maths (shapes, direction, distance, speed)
- Develop geographical knowledge and confidence (maps, routes, pathways)
- Support outcomes and progress in physical education (balance, stability, coordination).