



How can Level 3 Bikeability benefit secondary school students?

Bikeability is organised and delivered locally by qualified Bikeability instructors. 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.

Level 3 Bikeability equips cyclists with the skills, knowledge and confidence to use more challenging roads and traffic situations, using local roads and routes. Level 3 training is delivered either 1-1 or in small groups of up to 3 cyclists with 1 instructor, helping students prepare journeys to and from school.

Level 3 Bikeability is so much more than a cycle training programme for students. Cycling can support them to develop key personal and social skills, support health and wellbeing, promote positive behaviours and contribute to attainment and achievement.

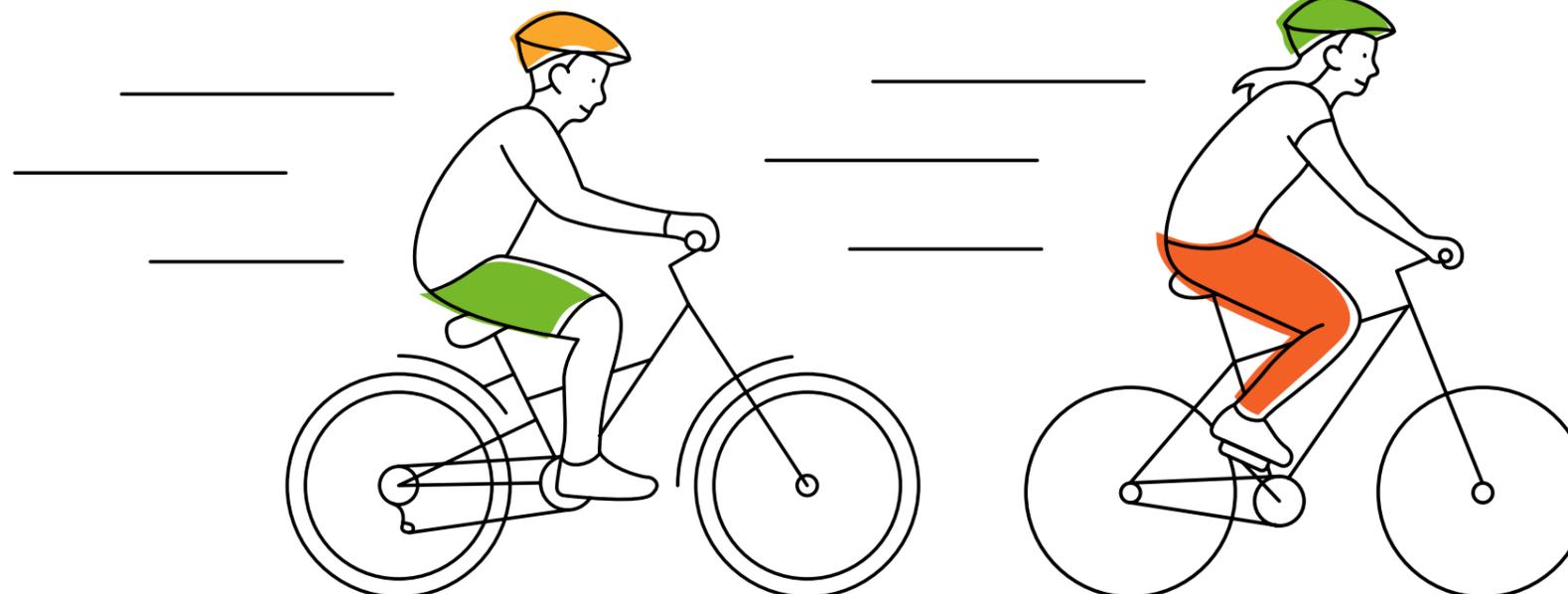
FOR MORE INFORMATION VISIT:
WWW.BIKEABILITY.ORG.UK

ATTAINMENT AND ACHIEVEMENT

Engaging students in Level 3 Bikeability can develop a range of personal development, their cultural capital and their attainment and achievement.

Research shows pupils;

- with better attention skills make more progress across the four key stages.
- who use problem-solving skills to overcome obstacles do better academically.
- who reported they enjoyed school at age 11 had better attainment at key stage 3, especially for maths.
- engaging in self-development activities (including sport, physical activity) achieved 10-20% higher GCSEs.
- participating in extra-curricular activities also positively affected attainment.



WELLBEING

Students engaged in Bikeability Level 3 can benefit from enhanced physical and emotional wellbeing through the training, be active with others, developing self-esteem and confidence and the associated benefits. Studies found;

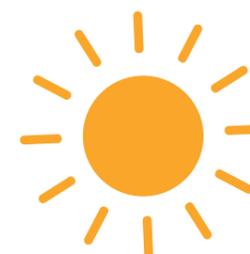
- pupil wellbeing predicted their later academic progression and engagement in school.
- the culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.
- that individuals who are more active have lower rates of depression.
- physical activity can boost mental wellbeing ... The link between physical activity and depression is well established. ... people who are inactive have 3 times the rate of moderate to severe depression of active people.
- that higher levels of physical activity are associated with a reduced response to psychosocial stress including lower 'cortisol and heart rate reactivity'.

PHYSICAL ACTIVITY

Bikeability can help pupils to:

- a positive association exists between academic attainment and physical activity levels of pupils.
- physical activity has been linked to improved classroom behaviour across the whole school.
- children and young people who are aerobically fit have higher academic scores.
- the intensity and duration of exercise are both linked to improved academic performance, including GCSE results at age 15 and notably girls results in science.

Bikeability can help students achieve the CMO recommended daily physical activity minutes of 60 minutes average each day CMO 2019 for all 5-18 year olds.



TRANSITION

Bikeability Level 3 can be used as a positive transition tool for students moving from primary to secondary school. Communication between secondary schools and Bikeability training providers can build on the success of Bikeability Levels 1 and 2 at primary school and help students overcome the challenges of transition. Providing opportunities to become familiar with the school, create new connection with staff and students. Evidence shows;

- identified a clear association between a poor transition experience and emotional problems, such as the increased use of antisocial behaviours, feelings of depression and anxiety, lack of wellbeing and general psychological distress.
- "Mental health problems experienced by adolescents, during this time of intense social and emotional development often appear to track into adulthood".
- the transition from primary to secondary school, coupled with the onset of puberty, can therefore be a difficult period for young people to negotiate at a critical period of their developmental pathway.