Bikeability is much more than a cycle training programme. It delivers wide-ranging and long-lasting benefits to young people, families and communities.

Bikeability supports the culture, ethos and environment of a healthy school and can contribute to:

- **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**

Bikeability is today’s cycle training for the 21st Century. It is based on the government-approved National Standards for cycle training. It is about gaining practical cycle skills and understanding how to cycle on today’s roads giving pupils the skills and confidence for all kinds of cycling.

Bikeability is organised and delivered at your school or locally by registered Bikeability providers who come to you.
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.

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.

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.

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

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.

Bikeability provides pupils with a pathway to:
- participate in regular active travel competently and confidently
- participate in cycling out of school hours and develop lifelong physical activity habits
- 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)
- achieve the Chief Medical Officer recommended daily 60 active minutes.

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What can Bikeability do for your school?

Citizenship & British Values
- develop an understanding of, and be able to describe the rules and laws relating to cycling and the use of highways
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- develop critical thinking skills through making choices about routes, speeds, environments
- express views in a responsible and sensitive way
- appreciate diversity, understand different viewpoints, collaborate for change and support all pupils to enjoy cycling.

Emotional Health & Wellbeing
- 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.

Personal, Health, Social & Economic Development
- learn how physical activity and cycling positively affects physical health and wellbeing
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- 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.

School Sport, Physical Activity & Physical Literacy
- participate in regular active travel competently and confidently
- participate in cycling out of school hours and develop lifelong physical activity habits
- 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)
- achieve the Chief Medical Officer recommended daily 60 active minutes.

Spiritual, Moral, Social & Cultural Development
- 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.

Cross-Curricular Opportunities
- 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.

Department for Transport
tabs
Youth Sport Trust
**St Breock Primary School**

**Bikeability supporting Spiritual, Moral, Social & 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 parents and siblings to join in weekend family cycling sessions. The Head Teacher initiated the weekend family rides supporting the girls to confidently lead their families. They would meet and cycle together along the routes the girls had undertaken as part of their school Sport for All sessions, including The Camel Trail to Padstow.

**What was the impact?**

The confidence and self-belief of the girls improved so much through the Friday cycling sessions that they regularly attended the Saturday family rides. This led to the organisation of a cycling holiday for families in Belgium. Pupils planned routes, visited various historic sites, followed Belgian road laws and safety regulations. This trip was led by the Head Teacher.

“The trips on the Camel Trail every week were great for the scenery and stopping to practise techniques like figure of eights and controlling your bike in a tight space. I learnt about the bike gears and making sure the bikes were safe for us to ride. I enjoyed it when my family could join the group at weekends, as it made us do cycling together as a family. Our cycling trip to Belgium was fantastic. 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

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**Redcar & Eston School Sport Partnership**

**Bikeability supporting Physical Activity outcomes**

**What do they do?**

Redcar & Eston School Sports Partnership has an active Bikeability Scheme. Bikeability is included in each and every annual Primary Schools Action Plan under the Healthy and Active Lifestyles outcomes, and is able to meet the unique needs of each school.

**What is the impact?**

Ings Farm Primary School, Redcar reported a 20% increase in the number of Year 5 pupils cycling to school as a result of improved confidence and skills to ride safely on roads following completion of Bikeability level 1 and level 2 training.

Wheatlands Primary School, Redcar reported that 30 Year 6 pupils passed their Bikeability level 2 training, resulting in improved knowledge and understanding of riding a bike on a road. All 30 report being more active on their bikes outside of school and more than 33% of these children now regularly ride their bikes to school contributing to their daily 60 active minutes as recommended by Chief Medical Officers.

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**Department for Transport**

**Bikeability supporting cross-curricular learning**

**What do they do?**

The Bikeability website www.bikeability.org provides a range of templates, activity sheets and question sheets to support a variety of curriculum areas.

**What is the impact?**

The resources provide cross-curricular teaching and learning in geography, maths, science, art and design and health and fitness (PE). Each resource provides a direct link to cycling and Bikeability to extend learning through Bikeability level 1 and level 2 training.