

# Brilliant Bike It

An introduction for parents and teachers





“I’m famous at my school now because me and my dad cycle in every day up a really big hill!” Rosie, 6

## Bike It is brilliant for mums and dads

One of the best things about Bike It is that it involves the whole family. While older children usually prefer to cycle in with their friends, the younger ones love having mum or dad cycle in to school with them. No one is too young to benefit from Bike It. Meet Rosie, she cycles to school every day and she’s only six. **“Bike It came to our school and we started doing lots of fun things. I won the prize for writing about bike safety. I’m very fit now. I will probably be an Olympic cyclist because I love it.”**

Rosie’s dad, Simon, explains how Bike It has transformed their morning routine,

**“Jumping on our bikes is so quick and sometimes, after I’ve dropped Rosie off, I just carry on and cycle into the office. It means both of us arrive fresh and raring to go.**

**“I really treasure the time we spend together in the mornings and Rosie loves it, especially now that her friends are starting to cycle in too. And we don’t have any problems at birthdays any more. All she ever wants is more gear for her bike.**

**“I love the fact she’s fit and learning how to be safe on the roads, and most of all I just love the fact that she loves it.”**

Studies show that children who exercise before coming to school **perform better in lessons**. Cycling is also one of the best ways of helping kids be physically active every day.



“Cycling makes me feel happy.”  
Sam, 10

## Bike It is brilliant for **everyone**

Bike It is all about helping children get fit and healthy by teaching them the skills they need to cycle safely and responsibly.

Bike It has been really successful, with thousands of pupils now cycling to school every day. Our schools have won all kinds of awards and praise from everyone who loves having energetic children and fresh, clear roads around the school.

Our team of expert Bike It officers work with schools throughout England and Wales, talking and listening to parents, teachers and children, then running a year-long programme of school projects, training, and

fun events to get the whole school community cycling together.

If you're already a Bike It school - congratulations! If not, tell your school or local authority you would like to be.

To find out more about Bike It and Sustrans, the UK's leading sustainable transport charity, visit [www.sustrans.org.uk](http://www.sustrans.org.uk).

**“Bike It has made a fantastic impact on our school and we can always spot the children who have cycled in. They are full of sunshine and energy.”** Mr Moses, Deputy Head.

In Denmark, **50% of all children cycle to school.**  
In the UK it's just 2%.



“We just love Bike It. In fact, you could say we’re a bit obsessed.”  
Nina Booker, Teacher

# Bike It is brilliant for **schools**

“This is a photo of our school playground on the day we won Bike It’s national Cycling Round Africa Challenge. There are 120 bikes in this photo and the school was buzzing for days (that’s me in the middle with the map). We didn’t actually go to Africa, it was based on the number of times the children cycled into school each day, but it was just as exciting as going there because we studied the countries as we passed through them.

“That’s one of the reasons Bike It works so well here. Our Bike It officer helps us link cycling to lots of other things that

children are learning and it really catches their imaginations. We made graphs in maths to show how far we had cycled and we brought in a penny farthing bike for a history lesson. We’ve currently got a Wall of Fame where we post up pictures of all our cycling children and we’ve had family fun rides, bike repair workshops, competitions and an awful lot of fun.

“Every single minute we spend with Bike It is worth it. It’s never going to be for just one year in our school. We want this to go on forever.” Nina Booker, School Teacher

Bike It officers are **experts at linking cycling to the National Curriculum** and Bike It works alongside Eco and Healthy Schools Awards as well as satisfying many government requirements on sustainability and school travel.



“We had an amazing year with our Bike It officer. I could never have guessed what she would start in our school.”

Romy Dunn, School Governor and Cycling Champion

## Bike It is brilliant **forever**

“Bike It officers pick a ‘cycling champion’ to help them organise things when they start work in a school - this can be anyone; a teacher, a dinner lady, or a governor like me. We had no children cycling to school when we started and around 80 turned up on their bikes at our first event! That’s when I knew we were on to something big. We did so much during that year. We had Bike Breakfasts, Mend your Bike days, workshops with cycling paramedics and the police and we built two new bike shelters. Cycling mosaics went up on

the school walls and we managed to win the Tour de France (long story)! But when our year was up, we just carried on. Since then, we have won a UK environment award, have been chosen to have advanced cycle training, have held regular green travel weeks and family bike picnics and we’ve just finished these giant murals too.

“Two years ago our Bike It officer said, *‘Once a Bike It school, always a Bike It school’*. She was dead right.” Romy Dunn, School Cycling Champion

At Bike It schools cycling levels are **five times** the national average.

# About **Bike It**



Bike It works directly with schools, getting thousands of children on their bikes and cycling to school every day.

It does this by helping schools to make the case for cycling in their school travel plans; supporting cycling champions in schools and demonstrating that cycling is a popular choice amongst children and their parents. The aim of Bike It is to create a pro-cycling culture in schools that continues long after the Bike It officer has finished their work.

If you would like to find out more about Bike It, please visit the Bike It project pages of the Sustrans website at [www.sustrans.org.uk/bikeit](http://www.sustrans.org.uk/bikeit)

Bike It is delivered by the UK's leading sustainable transport charity, Sustrans. The charity has worked with over 40 local authorities, and employs more than 30 Bike It officers throughout England and Wales. Each Bike It officer works with between 10 and 12 schools and up to 200 children at each school throughout an academic year. With further support, Sustrans hopes to be able to provide a Bike It officer for every school in the country.

Bike It is made possible with the ongoing support of the Bike Hub and additional funding from organisations such as the Big Lottery Fund, Transport for London, Cycling England, Welsh Assembly Government, NHS Primary Care Trusts and many local authorities.

## Supported by:



Bike It is supported via the Bike Hub. The Bike Hub is a cycle industry initiative developed by The Bicycle Association of Great Britain and the Association of Cycle Traders to generate funds to support the future of cycling in the UK. Independent cycle retailers and companies are contributing to the Bike Hub fund, which is investing in major projects to encourage more cycling, particularly among young people.

# About **Sustrans**

## **Sustrans is the UK's leading sustainable transport charity.**

Our vision is a world in which people choose to travel in ways that benefit their health and the environment. We work on practical, innovative solutions to the transport challenges facing us all.

Sustrans is the charity behind Safe Routes to Schools, Bike It, TravelSmart, Active Travel, Connect2, Liveable Neighbourhoods, Art and the Travelling Landscape and the National Cycle Network, all projects that are changing our world one mile at a time.

If you think what we do sounds sensible, we urgently need people like you to help us do more. By giving from £5 a month you'll start to make a difference. Without this financial support, Sustrans and projects such as Bike It would probably not exist.

To find out more about Sustrans or to become a Sustrans Supporter please visit [www.sustrans.org.uk](http://www.sustrans.org.uk) or call 0845 113 00 65.

Head Office, Sustrans, 2 Cathedral Square, College Green, Bristol, BS1 5DD

**Photography:** Sustrans staff, Andy Huntley and Vicki Hill

**Design:** [www.trmvs.co.uk](http://www.trmvs.co.uk)

**Print:** Printed on Revive 100 Offset. This is an FSC certified paper made using 100% post-consumer waste.

© Sustrans September 2008  
Registered Charity No. 326550 (England and Wales)  
SCO39263 (Scotland)  
VAT Registration No. 416740656

Sustrans is a member of the **Stop Climate Chaos Coalition**. The Coalition is the largest group of people dedicated to action on climate change and limiting its impact on the world's poorest communities. With a combined membership of over 4 million SCC brings together over 70 organisations, from environment and development charities to unions, faith and women's groups, to demand political action in the UK to prevent global temperatures rising beyond the 2°C danger threshold. [www.stopclimatechaos.org](http://www.stopclimatechaos.org)



# Smileage.

