

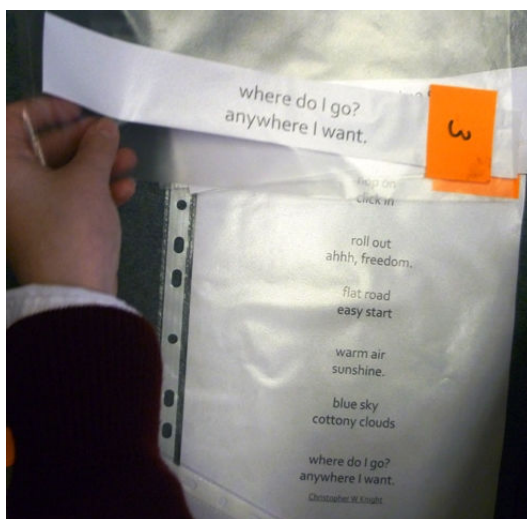
# Sustrans Bike It Update

Love your Bike its Springtime!



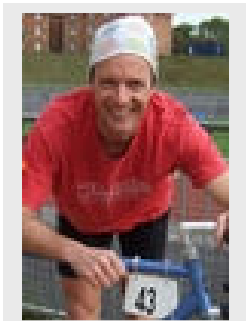
Sometimes cycling promotion seems hard in January, February and March, however events like 'love your bike' days keep the cycling focus going. These love heart wheels dreamt up by a St Marks Primary child won a prize for innovation, whilst below the Bike It marshals at Corpus Christi Primary designed their very own all school poetry day, in which children from every year group found snippets of bike related poetry in the playground and each completed a fun Bike loving poem.

Only 1 out of 21 Playground riding sessions this term were stopped due to bad weather!



**We'd love to hear from you...**

Sustrans' Bike It officer for Bournemouth and Poole is Jason Falconer. Contact Jason on 07827 927541 or send him an email on: [Jason.falconer@sustrans.org.uk](mailto:Jason.falconer@sustrans.org.uk)



## 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. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

## About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

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

To find out more, visit:

# Sustrans Bike It Update

## Springtime is Big Pedal Time

**2011 National Bike It Competition included 828 schools racing virtual miles all over the whole of Britain, 606,919 healthy biking trips recorded between 7-25 March alone! In our area, 12 schools took part completing 14,616 bike trips to school.**

**Epiphany School in Muscliffe completing first and finishing 16<sup>th</sup> Nationally to win a fabulous day prize with Rollapaluzza Roller Racing from London. We like to start the years cycling as we mean to go on!, well done to all children and supporters.**

[www.thebigpedal.org.uk](http://www.thebigpedal.org.uk) for results.

- The school run has been a more fun filled affair this March, with the amazing involvement in **Big Pedal** shown above, lots of healthy scooting and walking all helping promote a healthy social environment around the school gates.
- **St Katharines** took 3 groups of year 3 children on a ride to Hengistbury head, some of whom had never ridden local roads before in their lives.
- **Hamworthy** firsts' brilliant scheme of work included 12 separate playground sessions across all year groups at the school.
- 3 schools gained Bronze this term, **Hamworthy First, St Marks Primary** and **Talbot Combined**.
- Silver Schoolmark work continues apace, with literacy work on cycling at **Epiphany Primary** and Lunch club activities at **Kings Park Primary** to name just two.
- Jason passed his level 2 British Cycling Assessment.
- 5 Bike It schools are close to the new velodrome, 3 visits arranged for summer term.
- Recruiting new schools for 2011/2012 is underway.

## Lunch Club Activities:- Mapping



**Keeping the activity going in schools during winter means lots of fun-informative lunchtime sessions too, this is year 6 marking their cycle routes to school on their own take home maps. St Aldhelms Combined V.A school also enjoyed making noticeboards, designing a travel survey, planning lunch clubs for younger children and the all important playground biking sessions.**



**Diary Dates 2011-**  
 Bournemouth Cycling centre  
 (velodrome) opens 01 July  
 School Sports week 27 June-  
 01 July  
 Cycling celebration Poole 23  
 June