



## The Outward Bound Metro - Transition Project

### Project Summary:

Outward Bound Metro worked with 24 pupils from two feeder primary schools of St Thomas Aquinas Secondary School to give them the skills, knowledge and confidence to travel actively to their new secondary school.

### Project Description:

St Paul's (Whiteinch) Primary School and Corpus Christi Primary School are about 0.5 and 1 mile respectively from St Thomas Aquinas Secondary School. For the majority of pupils active travel to and from their new secondary school is an achievable option. The project took place over 5 weeks between April and June 2010. Activities included trial biking, researching and cycling safe routes to schools, bike maintenance. Pupils were also asked to produce a presentation on the benefits of active travel that they could deliver to their peers.

### Outcomes

The Outward Bound Trust questioned pupils about the course three times; at the start of the course, at the end of the course (P7) and 4 months after the end of the course (S1). The participants reported the following:

- At the start of the course 50% thought their bike skills were great, 37% thought OK and 13% thought poor.

### Project name

Active Travel/Active Learning

### Location

Glasgow

### Target group

Transition pupils

### Contact

The Outward Bound Trust

Web:

[www.outwardbound.org.uk](http://www.outwardbound.org.uk)

### Photo credit

Martin Davidson - The Outward Bound Metro.

- At the end of the course 90% thought their bike skills were great and 10% thought their bike skills were OK or poor.

- 4 months after the course ended 92% of participants felt their bike skills had improved since the start of the course.

**The transition:**

- At the start of the course 52% of participants reported they were excited or happy to be going to secondary school, 16% said it would be OK and 32% said they were nervous.

- At the end of the course 90% of participants reported they were excited or happy about going to secondary school and only 10% were still unsure or concerned.

- 2 months after starting secondary school 83% of participants reported they felt the course had helped them cope with the transition.

**Bike Safety:**

- At the start of the course 12% of participant said they wore a helmet when cycling with 20% stating they sometimes wore one and the remaining 68% never wore one.

- At the end of the course this had improved to 27% always wearing a helmet, 36% sometimes and 36% never.

**Active Travel:**

- At the beginning of the course 48% of participant thought they would like to walk or cycle to their new secondary school.

- 4 months after the course finished the reality was that 16% of participant were walking or cycling to secondary school, with 58% using the bus and 25% travelling in a parent's car.



**Project costs and funding:**

£4,790 was claimed from Sustrans for this project with £760 match funding being contributed



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