

Impact of I Bike

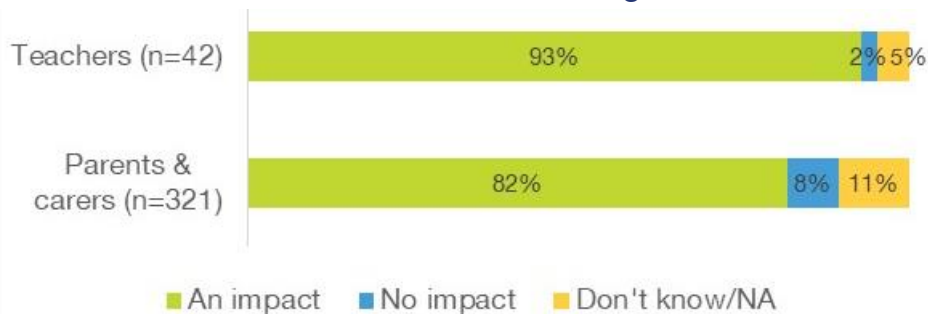
SKILLS AND CONFIDENCE IN CHILDREN AND FAMILIES

I Bike delivered approximately **1,600** activities to **17,000** pupils across **158** schools

I Bike taught new cycling skills to children and young people and increased their confidence to travel actively to school. 803 skills and training sessions had approximately 11,910 pupil attendances.

93% of teachers and 82% of parents and carers reported an improvement in pupils' mental wellbeing because of I Bike.

Parents, carers and teachers' perception of I Bike's impact on children's wellbeing



"...the pupils have more confidence in their own ability and skills when cycling." – Teacher

"...increased self-confidence, self-esteem & skill level. He learnt to ride his bike through the I bike sessions. Great fun! Increased awareness of being safe while out on his bike. Positive impact on his mental health." – Parent and carer

Parents and carers were most confident in their child using active travel modes outside of school.

85%

of parents and carers were confident in their child's ability to cycle using off-road paths.

Parents' and carers' confidence was highest for their child walking outside of school.

91%

of parents and carers were confident in their child walking outside of school.

I Bike got children and young people more physically active within the 2022-2023 and 2021-2022 academic years.

In 2021-22 from the start to the end of the year, S2 pupils doing exercise 7 days a week increased by 9pp, from 3% to 12% and P6 pupils showed a 4pp increase, from 18% to 22%. In 2022-23, the increase was 4pp and 5pp respectively.

% of children doing 7 days of physical activity a week, 2022-23



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ACTIVE TRAVEL

Within the 2022-23 academic year

I Bike maintained active travel levels to school and was 8.4pp higher than the HUSS national average at the end of the year. 57.9% of pupils at I Bike Schools travelled actively to and from school in September 2022 and this remained consistent in May 2023 (57.8%).

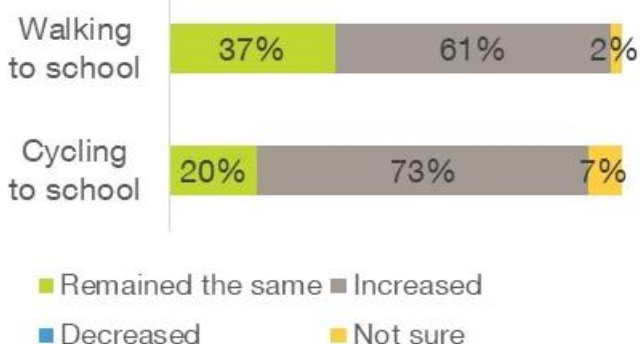


During the 2022-23 academic year, car trips to school decreased, from 24% of trips to 22%.



Walking was the most common mode: 48.6% of pupils reported walking to school in May 2023.

Teachers noticed an increase in pupils traveling to school using active modes in I Bike schools (see chart below).



Involvement in I Bike also impacted teachers' and parents' and carers' travel choices. 18% of parents/carers reported cycling more and 20% reported walking more.



I Bike also provided bike loans to school staff: 82 E-bike loans to school staff resulting in 4007 trips covering 20,327km.

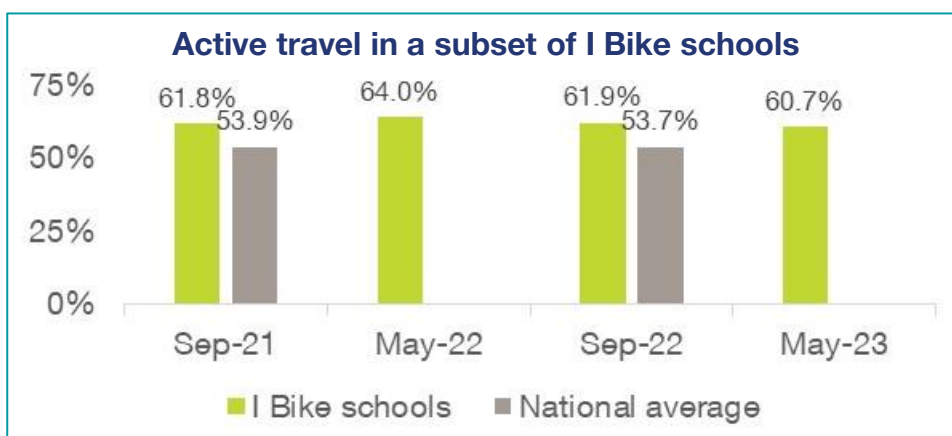
"We now have pupils cycling or scooting to school, which we never had before I Bike! Pupils were mainly driven right to the school gates or a few that walked to school." – Teacher

Impact on active travel since September 2021

Active travel in I Bike schools has consistently remained higher than the HUSS national average since September 2021 and car-use was consistently lower.

Active travel levels in 27 I Bike schools have remained approximately 8pp higher than a weighted average since September 2021.

Car trips in 27 I Bike schools fell by 2pp between September 2021 and May 2023.



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I BIKE'S IMPACT ON KEY STAKEHOLDERS

I Bike increased active travel content in the curriculum by providing activities and support to pupils and schools throughout the 2022-23 academic year.

69% of teachers felt I Bike had improved their confidence to deliver active travel as part of the curriculum.



■ An impact ■ No impact ■ Don't know/NA

78% of teachers agreed they plan to include active travel content in the curriculum.

51% felt active travel was a core part of the curriculum at their school.

I Bike increased its reach of equipment provision in the most deprived areas of Scotland and provided opportunities for active travel for everyone.

I Bike provided...

 **2,592** bike loans

 **921** scooter loans

 **8** adapted bike loans

 to **94** schools

14% of schools receiving these loans were from the most deprived areas in Scotland.

86% of teachers felt I Bike had a positive impact on providing opportunities and experiences previously not available to some pupils and families



■ An impact ■ No impact ■ Don't know/NA

I Bike improved attitudes towards active travel in parents and carers, teachers and children and young people, contributing to embedding an active travel culture in schools and communities. 5.6% of pupils cycle to school at I Bike schools but 27.1% would prefer to cycle to school.

“We have developed a strong cycle friendly/active travel ethos within the school thanks to I Bike. I Bike activities are now anticipated and looked forward to by pupils and families.” – Teacher

98% of teachers felt I Bike encouraged a positive attitude towards active travel at their school.

71% of teachers felt there was more support for active travel at their school since being involved in I Bike.

Partners agreed I Bike contributes to an active travel culture in schools and the wider community.

90% of partners agreed with this. This is an increase of 21pp since 2020-21 (see chart below).



■ An impact ■ No impact ■ Don't know / doesn't apply

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WORKING WITH PARTNERS

I Bike has successfully worked with a range of partners to deliver skills and training sessions for pupils.

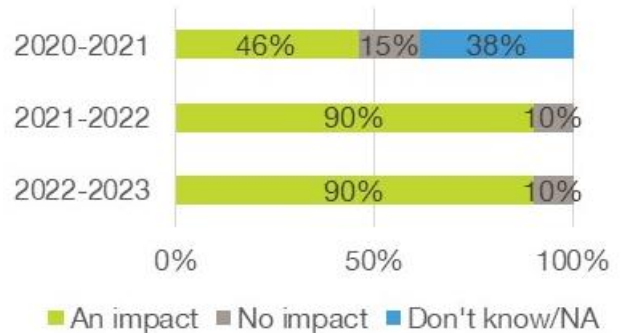
Volunteers have supported the delivery of **643** skills and training activities over the last two years.

Since 2020, there have been over **12,500** pupil attendances in a Bikeability session through I Bike.



of partners agreed that I Bike had a positive impact on promoting cycling training in their Local Authority area in the 2022-2023 academic year.

I Bike has increased support for active travel among partner organisations since the 2020-2021 academic year. 90% of partners reported I Bike had a positive impact on embedding a culture of support for active travel within teams in partner organisations in 2023 (see chart below).

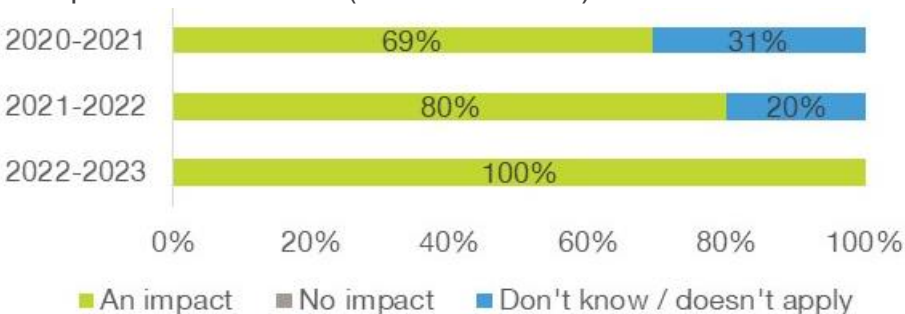


I Bike works in partnership to connect different organisations and increase support for active travel.

100% of partners reported a positive impact on improving partnerships over time (compared to 77% in 2020-2021).

I Bike has improved advice and information shared on active travel to schools and communities since the 2020-2021 academic year.

I Bike has a positive impact on improving the quality of information and advice about active travel provided to schools and parents and carers (see chart below).



“The project has enabled a significant buy in across the council as a whole.”
– Local Authority partner

“...The I Bike project being in the town also brings momentum and confidence for other cycling projects in the town...” – Partner



of partners reported I Bike having a positive impact on making their policies and practices better informed by evidence of travel behaviour. This is a 20pp increase from the 2021-2022 academic year, where 60% reported a positive impact.

“We’ve seen really good results [from I Bike]. So we aim to keep going and see what we can achieve.” – Local Authority partner

100% of partners would recommend I Bike to other organisations.