



Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge that inspires pupils, staff and parents to choose 'human power' for their journey to school.

The Challenge

We are aiming to make Sustrans Big Pedal 2019 the **biggest year yet**. For the first time, **walking** will be counted alongside cycling and scooting.

This year the challenge will run from **25 March - 5 April**.

Register for the challenge from January 2019 at www.bigpedal.org.uk.

How it works

Sustrans Big Pedal is open to individual classes as well as whole schools.

On each day of the challenge **schools compete** to see who can record the **greatest number of pupils, staff and parents cycling, walking, scooting or using a wheelchair to school**. A school's best five days will determine their final position, but they can log journeys on all ten days if they wish. Schools at the top of their leaderboards will receive an exclusive Sustrans Big Pedal Trophy.

82% of schools surveyed said that pupils continued to cycle or scoot to school following the event

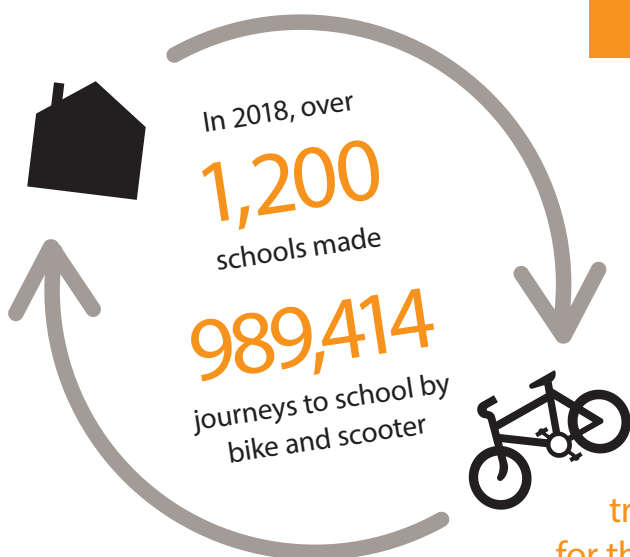
2018 was an amazing year

A staggering **1179kg of Nitrogen oxide** were prevented during the 10-day challenge. Almost **46 million calories** were burned from participants cycling and scooting to school.

If the journeys logged had been made by car, we saved over **576 tonnes of CO2** and over **60,000 gallons of fuel**, costing over **£330,000**.

"With over 2000 journeys to school during the Big Pedal we visibly reduced the traffic congestion around the school gate and for the first time the parent car park had spaces."

Teacher, Claytons Primary School



Prizes

All schools will be entered into daily prize draws for rewards if over **15% of your school cycle, walk or scoot** on each day of the challenge. Prizes up for grabs include **accessories** and **equipment** to help your **school travel actively**.

86% of participating schools surveyed said it raised awareness of cycling and scooting in their school



School Resources

We provide a suite of fun and interactive resources to help make your challenge a success. These **free resources** include:

A school account on the Big Pedal Website

A themed Wallchart

Leaderboards

Posters

Top Tips



FAQs

Who can take part in the Big Pedal 2018?

How do I register?

Can I see which schools in my area are taking part?

We can't commit to the full challenge, can we still take part?

We are a Special Educational Needs (SEN) School. Can we take part?

All schools in the UK can take part in the Big Pedal.

A school must register online on the Big Pedal website. You will need your school identification number (DFES/SEED/Inst Ref Number) and the details of a staff representative who will be responsible for entering journeys throughout the challenge. Schools can register any time ahead of the challenge.

Yes. There is a list of schools that have registered on the website which you can search for alphabetically, by school name or Local Authority. You can also view a map of schools taking part.

For schools unable to record five journeys over the challenge weeks, we also have a one-day version, which can include cycling, walking and scooting activities in the school day as well as on the journey to school.

Yes, SEN schools can compete too. If your pupils are able to cycle, walk, scoot or use a wheelchair to school then you may enter the Sustrans Big Pedal just like any other school and count your journeys.

There is no separate category for SEN schools. However, SEN schools with pupils who are unable to scoot/cycle to school may use school/static/adapted bikes and count journeys made at school, e.g. during school break times, in the playground. It is up to the discretion of school staff what constitutes one journey taking into account pupil ability.

Be part of something BIG

- 1) **Keep up to date**, check out the Sustrans Big Pedal website and register for the **newsletter** at www.sustrans.org.uk/bigpedal
- 2) Put the **date in your diaries**
- 3) **Register** for the challenge in **January 2019** at www.bigpedal.org.uk
- 4) **Email** the Big Pedal team if you have any questions at Bigpedal@Sustrans.org.uk



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. www.sustrans.org.uk

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans November 2018

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