

# Travel Choice & Access Team



# Schools Programme



Choose How You Move  
Schools Programme



September 2014 - July 2015

The Travel Choice and Access Team would like to work with your school to reduce congestion; create a safer environment and promote healthier lifestyles to staff, pupils and their families by encouraging them to walk, cycle and scoot to school.

**Taking part in the programme has many benefits for schools including:**

- happier and healthier families
- creating a safer environment outside the school gates
- increased physical activity at your school
- opportunities to work with other schools in the community
- supporting applications for scooter/cycle parking facilities

Dani King  
2012 Olympic gold medallist  
Supporting cycling  
in Leicestershire





## 1 Park and Stride Campaign

We appreciate that some families live too far to walk, cycle or scoot all the way to school. A Park and Stride scheme encourages families to park away from school and walk the last part of their journey.

With support from a Sustainable Travel Officer, the School Council will run their own campaign to encourage more families to Park and Stride.

Pupils will collect data and present information and use it to run their own travel clinic; deliver assembly presentations and write articles for the school newsletter.

**We will provide:**

- a Sustainable Travel Officer to support the School Council
- resources to help pupils deliver a successful campaign

**Your school will be required to:**

- nominate a member of staff to encourage and support pupils
- provide a suitable meeting venue



# Schools Programme



We are looking for two schools to take part in a Bike Club pilot aimed at year 5 pupils.

The aim of the club is to work with pupils that have recently completed Bikeability level 2 training to give them the knowledge and confidence to make every day journeys by bike.

The club consists of five sessions delivered by an experienced cycle trainer which will cover journey planning, bike maintenance, a BMX stunt workshop and a transition ride.

**We will provide:**

- assembly to promote the bike club
- an experienced cycle trainer to deliver the sessions
- permission forms
- all resources and activities for FREE
- risk assessments and insurance cover for all activities

**Your school will be required to:**

- organise Bikeability training for year 5 pupils
- facilitate the club during the school day
- provide a member of staff to assist the cycle trainer
- collect permission forms



# Schools Programme



The Cycle Skills Competition is an inter-school competition for year 5 pupils.

The aim of the competition is to improve pupils' cycling skills and to raise the profile of cycling at school.

Pupils compete against their peers in time trials and skills games on the school playground, delivered by an experienced cycle trainer.



The top 4 scoring pupils are invited to compete against other school teams at a grand finale which will take place on a Saturday morning (date to be confirmed) at a local venue.

**We will provide:**

- assembly to promote the competition to year 5 pupils
- permission letters
- prizes and awards
- experienced and friendly cycle trainers to run the competition

**Your school will be required to:**

- provide a suitable space for the qualifier (e.g. playground)
- collect permission forms



# Schools Programme



Walk to School Week is part of the National Walk to School campaign that takes place every May, which encourages families to leave the car at home and take the chance to get outside and get fit by walking to and from school.

The week sees a range of events held around the country to highlight road safety and the benefits of walking to school.

Leicestershire County Council is providing Living Streets' classroom packs to enable schools to run their very own Walk to School Week. The pack includes a wall chart, learning resources and rewards for participants.

Don't worry if your school has other commitments during May, the packs can be used at any time of the year.

#### We will provide:

- assembly to promote Walk to School Week
- classroom packs from Living Streets

#### Your school will be required to:

- record when pupils walk to school during the week
- promote walking to school to pupils and parents



**LIVING STREETS**  
PUTTING PEOPLE FIRST

## Target Schools Overall uptake - 37%

- Loughborough and Charnwood 30%
- Coalville and North West 26%
- Hinckley and Hinckley & Bosworth 51%



# Big Family Bike Ride





# Adult Cycle Courses

- 🚲 Targets anyone over 16 in Leicestershire
- 🚲 Available in most market towns and central Leicestershire
- 🚲 Targets people of all abilities. Trainees are split into skill based groups



# Adult Cycle Courses

- 🚲 Helps to meet our aims of reducing congestion and to promote sustainable travel
- 🚲 Engages with an audience that would not usually be interested cycling
- 🚲 Improves levels of fitness and activity in participants



# Adult Cycle Courses

- 🚲 Since 2011, 1331 adults have signed up for a course. Last year we trained 383 adults over 28 courses.
- 🚲 Before the courses 186 people could not cycle. After the courses only 7 still could not cycle.
- 🚲 41 participants now making journeys by bike they previously made by car.
- 🚲 2015 target is 150 participants over 15 courses concentrating on Hinckley.





However  
you travel  
**share the  
space**



Share the space

**COMING SOON**  
New cycle and  
pedestrian  
network



# Coalville Cycling **FUN!**



Photo credit: British Cycling

Discover  
the new  
paths with  
an Olympic  
champion

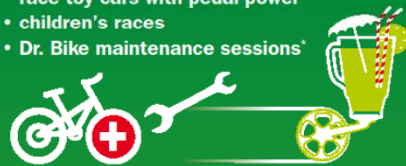
Two adult bikes  
to be won  
**ENTER A FREE  
DRAW ON  
THE DAY!**

**Wednesday 29th May**

11am - 3pm at Stephenson College, Coalville

Dani King - Olympic gold medallist will be leading rides\*, plus lots of other free fun cycling activities including:

- Dani King training bike challenge\*
- stunt riders
- bicycle smoothie maker
- race toy cars with pedal power
- children's races
- Dr. Bike maintenance sessions\*



Start the day with accompanied bike rides\*, at 10.30am from

- St Clare's Catholic Primary School, Coalville
  - Broom Leys School, Coalville
  - All Saints Church of England Primary School, Coalville
  - Whitwick St John the Baptist Church of England Primary School
- and claim a free bike bell or seat cover.

Leid rides with Dani start from Stephenson College at 11.45am and 1.15pm\*  
Q&A session 2.15 - 2.45pm\*.

\*Booking essential call 0116 305 3179  
or email [ETDCentraladmin@leics.gov.uk](mailto:ETDCentraladmin@leics.gov.uk)  
More on cycling at [www.choosehowyoumove.co.uk](http://www.choosehowyoumove.co.uk)



# Contact



Travel Choice & Access Team  
Room 700  
County Hall



[choosehowyoumove@leics.gov.uk](mailto:choosehowyoumove@leics.gov.uk)

[choosehowyoumove.co.uk](http://choosehowyoumove.co.uk)

0116 305 6740

