



Lead sponsor



Supporting sponsor



# Top Tips

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



## Activities

- ✓ Use the Big Pedal wallchart, fact cards and stickers to inspire pupils to choose human power on their way to school.
- ✓ Hold a **bike breakfast** to kick-start your Sustrans Big Pedal and reward those scooting, walking and cycling to school.
- ✓ Celebrate with a fancy dress **Superhero Day** on Friday 5 April.
- ✓ Download our **Suss it out** activity sheets for 10, 20 or 30-minute activities based on healthy and active journeys.
- ✓ Organise a class competition at your school. Offer the class with the most children cycling, walking or scooting to school a prize.



## Bikes and scooters

- ✓ Expect **lots** more than usual!
- ✓ You may need to create a **safe area** to store them.
- ✓ A **long chain or cable** can be used for securing bikes and scooters during the day.
- ✓ Use **laminated signs** to give classes/year groups a designated area to park.

123  
456

## Counting journeys

- ✓ Nominate someone to be your school cycling, walking and scooting champion, responsible for ensuring all classes know they need to collect daily counts. They can download **class record sheets** to help them with this.
- ✓ Enter your journeys onto the website each day (**before 9am the following school day**) for them to appear on the daily leaderboards.
- ✓ **Share your school's login details with the school office** in case your champion is away, ill or too busy.
- ✓ If you are a larger school, it can be easier to set up a **bike/walk/scooter** crew made up of pupils who can collect data from classes and feedback in assemblies each week/day.
- ✓ Allocate 5-10 minutes to the start of every day to record how many of your class chose human power to travel to school. Use the record sheet.
- ✓ Set up a shared access spreadsheet to log journey data to make it easy for the champion to input the information to the Big Pedal website.



## Other tips

- ✓ Position your wallchart in an area everyone can see. Check out the interactive wallchart online in class too.
- ✓ It's not always possible for everyone to cycle, walk or scoot to school. Acknowledge those pupils who can't take part by completing classroom activities and involving them in Superhero Day.
- ✓ Use social media, text message or email to remind everyone that you're taking part in **Sustrans Big Pedal**.



## Promoting the challenge

- ✓ Visit our **Big Pedal resources** page to find resources to help you with promotion.
- ✓ Use our **letter template** to let parents know that your school is taking part.
- ✓ Use our **Big Pedal presentation** to inspire pupils and staff.
- ✓ Hang **Big Pedal posters** around your school to remind them that the challenge is happening.
- ✓ **Compete with neighbouring or cluster schools** during the challenge using **Big Pedal leaderboards**. Use our **email templates** to challenge cluster schools to join Big Pedal and create local competition.