



# Big Pedal 2021 Top tips

Sustrans Big Pedal is the UK's largest inter-school cycling, walking, wheeling and scooting challenge that inspires pupils, staff and parents to be amazing and take active journeys to school.

## Activities

- ✔ Use the [progress tracker](#), video and downloadable posters to **inspire pupils** to take active journeys.

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- ✔ Use our [free daily resources](#) to encourage pupils to see their local area from a new perspective, learn about the benefits of getting to school actively and discover amazing journeys to school from around the world.

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- ✔ Get all your pupils active with our [daily physical activities](#) – these count as one journey in the challenge for children learning remotely.

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- ✔ Celebrate with a non-uniform Amazing Me Day on your final day of Big Pedal.

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- ✔ Organise a class competition at your school. Offer the class with the most children cycling, walking, wheeling or scooting to school a prize.

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- ✔ Get parents involved! Organise a virtual parent assembly with key information on Big Pedal, the importance of active travel in times like these, and top tips on how to get their child walking, cycling, wheeling or scooting to school.

## Bikes and scooters

- ✔ Expect lots more than usual! You may need to create a safe area to store them.

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- ✔ Use laminated signs to give classes/bubbles a designated area to park.

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- ✔ Restrict access to bike shed when not in use.

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- ✔ Dedicate an entrance for cycling and scooting.

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- ✔ Staggered start times help keep numbers in bike sheds down.

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- ✔ Provide each social bubble with hooks or tables to store bags and helmets.

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- ✔ Provide hand sanitiser in the cycle and scooter storage areas.

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- ✔ Ensure children wash their hands upon arrival and before they leave for home.

## Stay safe and healthy

- ✔ [Read this guide](#) to learn how to be safe, be smart and be kind on your active journeys.





Big Pedal 2021

# Top tips

## 1 2 3 4 5 6 Counting journeys

- 1. Nominate someone to be your school cycling, walking, wheeling and scooting champion, responsible for ensuring all classes know they need to collect daily counts. Email them the class record sheets on your [home page](#) to help them with this.
- 2. This year Big Pedal is more flexible. Children learning remotely can take active journeys from home with a family member or 30 minutes of physical activity instead of an active journey to school. Make sure all teachers are aware of these new ways of taking part. And that they apply to staff and parents too.
- 3. Decide if individual class teachers will be logging their class's journeys directly into the Big Pedal website, or if a champion will input them all.
- 4. 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.
- 5. Enter your journeys onto the website before 9am the following school day. Then they'll appear on the daily leaderboards, and you'll be in with a chance of winning a daily prize.
- 6. Set remote learners a deadline for reporting their home activities to you, which gives you enough time for champions to log the data by 9am the next day.
- 7. Allocate 5-10 minutes at the start of every day to record your journeys.
- 8. Nominate a reserve champion. And share your school's login details with the school office in case your champion is away, ill or too busy.
- 9. Supporter journeys are made by adults who accompany a participating child to school by bike, foot, wheelchair or scooter. An adult accompanying a remote learner on an alternative active journey or joining in the daily physical activity also counts.

## Include everyone

- 1. It's not always possible for everyone to cycle, walk, wheel or scoot to school. Speak to your local Sustrans Schools Officer for tips on including everyone. **Acknowledge those pupils who can't take part** by involving them in the Amazing Me Day.

## Promoting the challenge

- 1. Visit our [Big Pedal resources](#) page to find resources to help you with promotion.
- 2. Use our [letter template](#) to let parents know that your school is taking part.
- 3. Use our [Big Pedal presentation](#) to inspire pupils and staff.
- 4. Hang [Big Pedal posters](#) around your school to remind them that the challenge is happening.
- 5. **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.
- 6. Use our email templates, social media, text message to remind everyone that you're taking part.

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