



Big Pedal 2021

Amazing possibilities



Secondary schools

Objectives

To reflect on what they have enjoyed about Sustrans Big Pedal 2021 and what they have learned about active travel.

To revisit students' re-naming competition entries.

To celebrate students Big Pedal achievements and encourage them to continue choosing active travel every day.

Note – For schools that are taking part in 'Amazing me' day, students will be in non-uniform, wearing something they feel amazing in.

Session plan

Ask students about the active journeys and physical activities they have completed during Sustrans Big Pedal Challenge. Have they enjoyed them?

Spend some time looking at the Sustrans Big Pedal Leaderboards. How well is your school doing in its category? How does that compare to local schools?

Ask the students what they can remember about the various activities over the last 10 days. Encourage students to think about how they can continue to see amazing benefits every day by taking active journeys and staying active.

Revisit students' re-naming competition ideas. Remind them of the judging criteria. They may want to amend their ideas. Students then write up to 100 words of copy to support their submission.

You may wish to vote on or select the winning entry from your class. Remember only one entry per school can be submitted into the re-naming competition.

Schools taking part in 'Amazing me' day: Talk to the students about why today is a non-uniform day. They are wearing something that makes them feel amazing, to celebrate all their amazing active journeys on the final day of the challenge. You may wish to talk about where the money raised is going (Sustrans, school's own active journey projects).

At home adaptation:

Students can write a list of the things they most enjoyed during Sustrans Big Pedal instead of a class discussion.



Time needed

30 mins



Resources needed

Students' work from the 'Sustrans Big Pedal reimagined' activity on day six.

Re-naming criteria from day six.



Solo/Group activity

Solo, group or pairs

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Worksheet



Instructions

Today is the final day of the challenge and we want you to celebrate your amazing active journeys and achievements during Sustrans Big Pedal 2021.

Have you enjoyed making active journeys to school and from home? How did the physical activities make you feel?

What learning activities did you most enjoy?

Will you continue travelling actively (walking, cycling, scooting or using your wheelchair) after Sustrans Big Pedal finishes. Why?

Take a look at the name you have thought of for the Sustrans Big Pedal re-naming competition. Make any tweaks that you need to. Then write 100 words to explain the new name you are suggesting.



Big Pedal reimagined

Your name submission: _____

100 words to support your entry: _____
