

BRITISH CYCLING IN SCHOOLS

February 2019

Julia Klinger-Moore & Sam Leggett

CYCLING FOR SCHOOLS

- Cycling for Schools qualification
- Go-Ride Club (Schools / Community)
- Cycling Award for Young Volunteers



GO-RIDE COACHES



- ✓ Qualified coaches, first aid, DBS
- ✓ Bikes and helmets
- ✓ Coaching and racing

CYCLING CLUBS



READY SET RIDE



Our ambition is to create a pathway through which every child is supported to be a competent rider by the time they are 12.

What is Ready Set Ride?



- Ready Set Ride is a learn-to-ride programme for children, supporting every child to learn to ride a bike and discover the joy of cycling
- It provides a series of videos and educational resource packs, designed to empower parents and children
- The resources are designed for parents/teachers/coaches/nursery staff and families to support children to learn to ride



Why are we doing this?



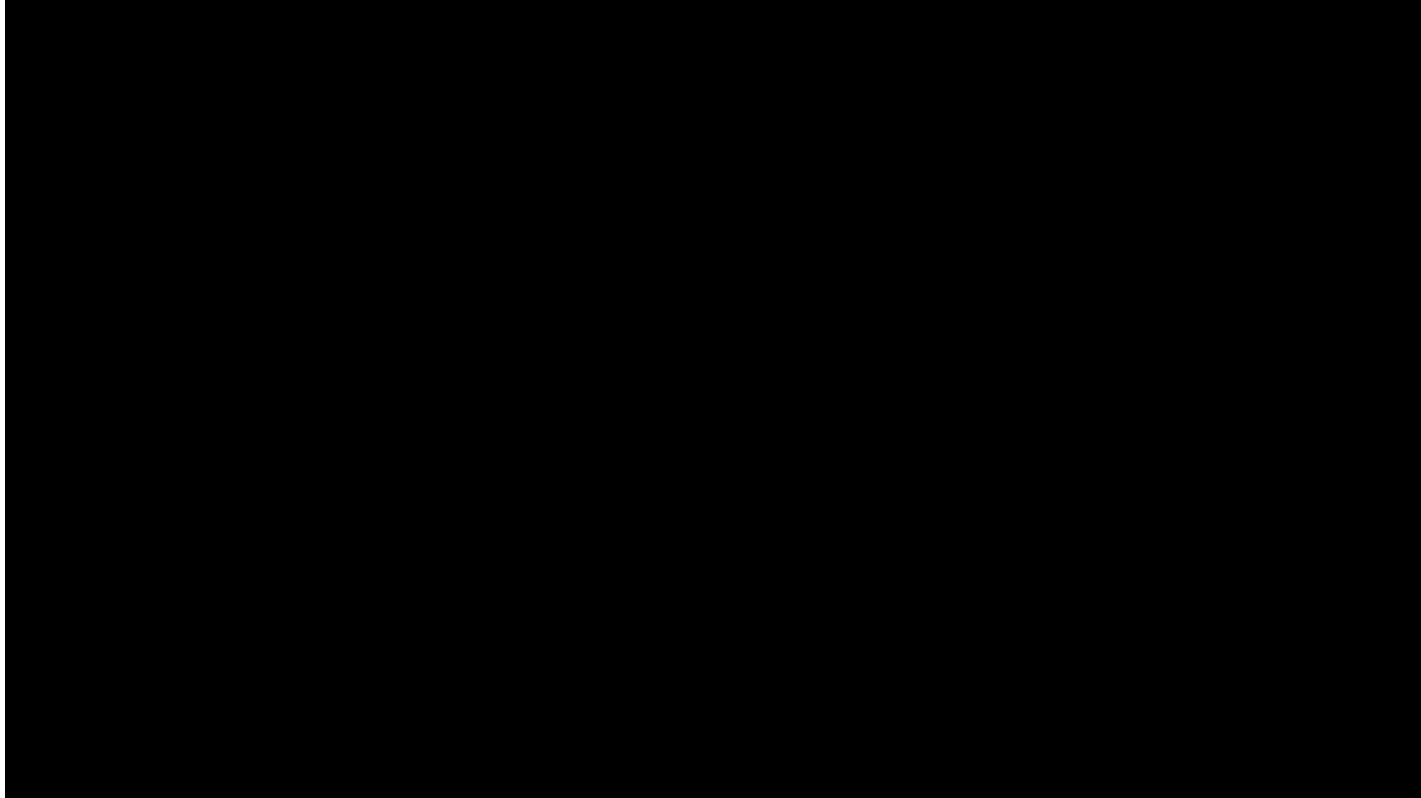
Schools are struggling to motivate staff and pupils to be physically active

A third of children in England aged 2-15 are overweight or obese. 80% of these children will remain obese as adults, shortening their lives by up to 10 years and causing long-term health problems such as heart disease and diabetes.

In a recent study of 1,200 10-year-olds a third of the normal weight children were found to be unfit. Fitness tests repeated over a 16-year period found there has been a 20% decrease in muscle strength and a 30% decrease in muscle endurance over the period.

A third of children aged 12 and under do not know how to ride. In children age five and under, this increases to two thirds.

All other interventions are coach and club led. We want to empower parents and those who care for children to support schools struggling to make time for sport and physical activity and increase capacity of clubs.



Ready Set Ride intended outcomes?



- To understand the importance of physical activity in the holistic development of the child
- To understand the fundamental movement skills approach and how it enables children to become physically literate
- Be able to develop competent movers by using FMS together with existing appropriate resources and your skills as a coach
- Consider how you work with young children.

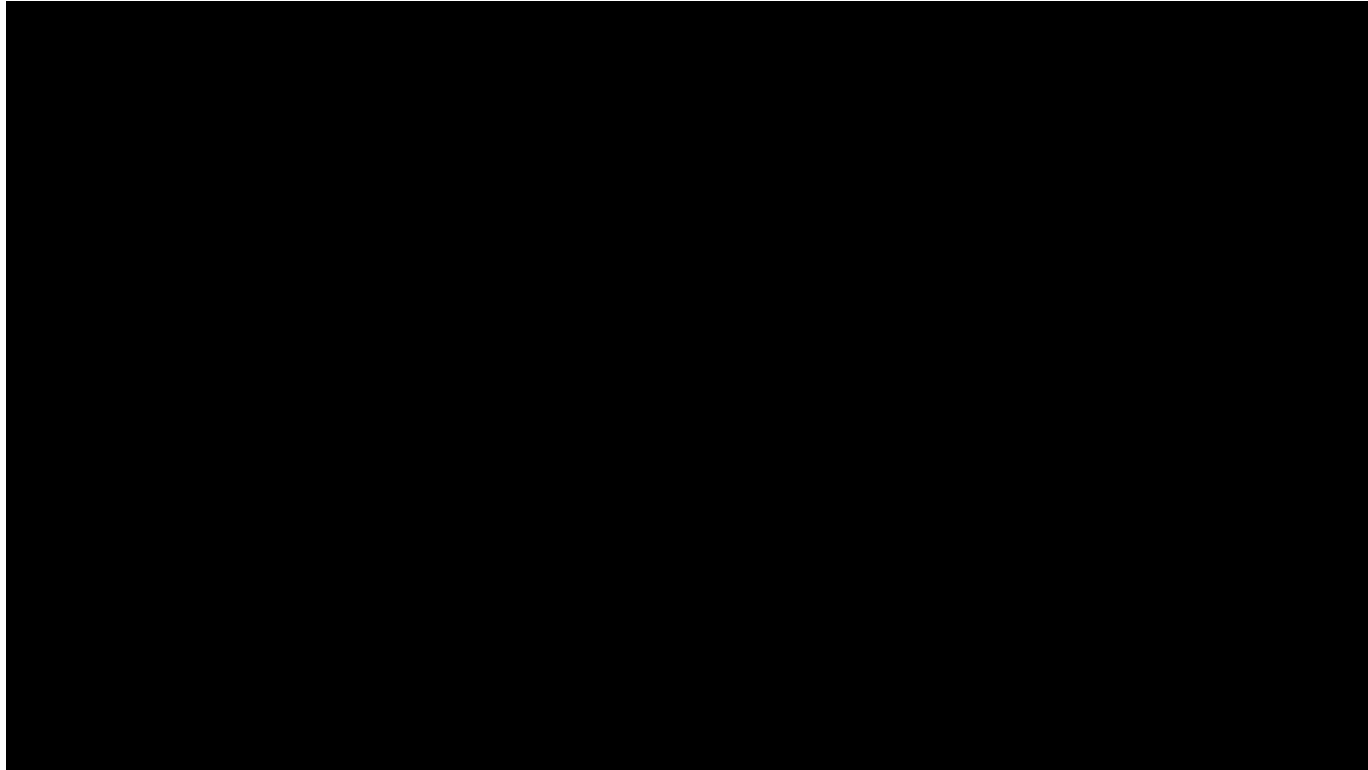


Since it launched. . .



- Over 143,000 visits to the website over the five and a half month period.
- 17.4 million campaign impressions, helping us to reach a new audience for British Cycling.
- Over 4,300 registrations by parents, carers and teachers
- 1,840 app downloads across both iOS and Android.
- 10,000 students engaged with the programme from 200 primary schools.
- 9,000 opportunities provided by Go-Ride Coaches (a proportion of these will be repeat sessions with a school class).
- 12,000 families actively engaged with the programme

Developing physical literacy



Multi-skills approach



Discipline Specific Skills

Sprint/ Endurance/ Tactics

Writing for a purpose, e.g. narratives,
instructional, persuasive

Activity/ Sport Specific Skills

Forehand/ backhand drive, Forehand/
backhand volley, Overarm serve

Writing paragraphs around a theme

Fundamental Sports Skills

Throwing/rolling/ striking/ kicking/ catching/
receiving/ running/ jumping

Joining words into sentences, begin
to add punctuation

Fundamental Movement Skills

Locomotion/ stability/ object control

Recognising letters and sounds,
making words

Thinking Me

Creative Me

Healthy Me

Social
Me

How can your school get involved?



- Download the app
- Engage the wider family within your school
- Use Ready Set Ride resources to track and reward progress



Prepare to ride activities:

- 1) What techniques are being developed?
- 2) How could you use this within a bigger group?
- 3) What other variations of this game can you come up with?



Thank
you
Any
QUESTION?
S