



# Top Tips

Sponsor



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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 your final day of Big Pedal.
- ✓ Organise a class competition at your school. Offer the class with the most children cycling, walking or scooting to school a prize.
- ✓ **Get parents involved!** Organise a **parent assembly** with key information on Big Pedal and **top tips** on how to get their child walking, cycling or scooting to school.



## 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. Download the **class record sheets** on your homepage to help them with this.
- ✓ 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 day.
- ✓ 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.
- ✓ Enter your journeys onto the website each day **before 9am the following school day** for them to appear on the daily leaderboards.
- ✓ Allocate **5-10 minutes at the start** of every day to record your journeys.
- ✓ **Share your school's login details with the school office** in case your champion is away, ill or too busy.
- ✓ **Supporter journeys** are made by adults who accompany a participating child to school by bike, foot or scooter - **one journey per adult on each day of the challenge.**



## Include Everyone

- ✓ It's not always possible for everyone to cycle, walk or scoot to school. **Acknowledge those pupils who can't take part** by involving them in **Superhero Day**.



## 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**, social media, text message to remind everyone that you're taking part.



## 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.