



Sustrans Big Pedal at

[Yeading Infants and Nursery School]

Sustrans is the charity making it easier for people to walk and cycle.

Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263). © Sustrans 2021



What is it?

Sustrans Big Pedal is the UK's largest inter-school cycling, walking, wheeling and scooting challenge.



Schools compete to see who can record the greatest number of active journeys over two weeks.



When is it?

The challenge
runs from

**Monday 19 April-
Friday 30 April
2021.**





How long is it?

You can take part for all ten days of the challenge but only the best five days will decide your final position.





“With over 2,000 journeys to school during the Big Pedal we visibly reduced the traffic congestion around the school gate and for the first time the parent car park had spaces.”

- Teacher, Claytons Primary School



Who can take part?

Teachers, parents and pupils are all invited to take part in the challenge.





What do we do? Five day challenge

Cycle, walk, wheel or scoot to school every day and encourage your friends, school staff and parents to do the same.

Record your journeys on the Sustrans Big Pedal website and try to increase your score each day.





What if schools are closed?

Pupils learning remotely can take an active journey from home with a family member or complete a 30 minute physical activity at home.

Journeys and challenges are recorded on the Sustrans Big Pedal website and count towards your school's score.





What do we do? One day challenge

Participants in the one-day challenge can also include activities carried out at school.

Cycling, walking, wheeling or scooting to school or for at least 30 minutes during the school day counts as one journey.





Prizes

There will be fantastic prizes up for grabs on every day of the challenge. Schools that get over 15% of their pupils taking part on each day will be entered into the daily prize draw.

Prizes include accessories and equipment to help your school travel actively.





This year's theme is Amazing Journeys

See your local area from a new perspective, learn about the benefits of active travel and discover amazing journeys to school from around the world.





Reasons to take part

Daily lessons
and physical
activity ideas
suitable for
remote learning

Log journeys
every day to
be entered into
the **daily prize
draw**

Help **keep
children active**
and enjoying
benefits of
active travel.



School Resources

Top Tips for running the challenge, email templates for you to send to parents, daily lessons suitable for remote learning. Plus daily physical activity ideas.

All available to download **free** from the Big Pedal website.

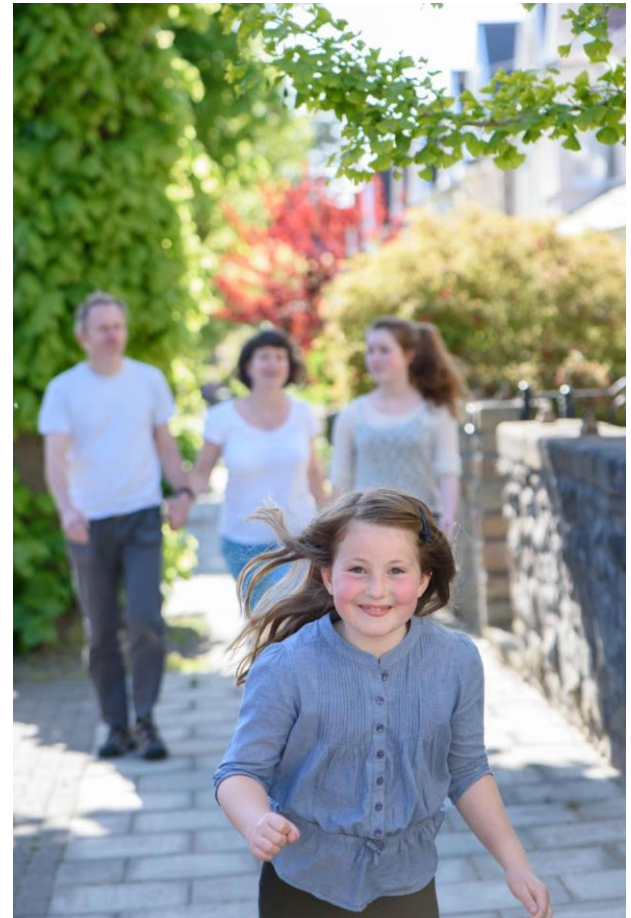




Fundraising

Celebrate all your amazing journeys and the final day of the challenge by wearing something that makes you feel amazing.

Schools can use this non-uniform event on **Friday 30 April** to fundraise for Sustrans or their own active journey projects.

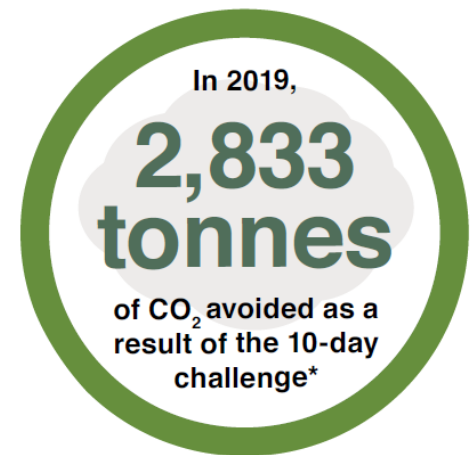




Be part of something BIG

Our vision is a society where the way we travel creates healthier places and happier lives for everyone.

Celebrate the 50th anniversary of world Earth Day on the 22nd April by promoting greener, cleaner ways of travelling.



*Based on the assumption the journeys logged in the challenge would otherwise have been made by car.



Register at

www.bigpedal.org.uk



Good luck!