

#6 Let's Ride a Bike

IES Serra d'Irta School

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Active transport



Active recess



Family & community engagement

DESCRIPTION:

"Let's ride a bike" is a project that includes different initiatives to foster and promote the use of bikes among students and families, with two main goals: - Using bikes as an active, healthy and sustainable way to move. - Using bikes as an active and healthy physical activity in leisure time. The associated initiatives are: 1. Aula Ciclista (Cyclist Classroom) programme, which is divided into 3 phases: a) Introduction: background, benefits, mechanics, security, rules... b) Bike habituation: practising the basic skills needed to ride a bike (or learning how to ride one if students don't already know), practising on different circuits and in workshops inside the school c) Outdoor activity: bike trek in town and surroundings in collaboration with the local municipal council, local police and health services. Families and other teachers also take part. 2. Bike-plogging: use the bike as active transport to get a popular place in town (or nature) and then collect waste there as part of our green campaign: #YourWasteToTheWasteBin 3. "One Bike, One fruit". During European Mobility Week, every student coming to school by bike gets a piece of fruit. 4. Active and sustainable walks: During the Covid-19 lockdown, we organised a gamified activity to foster active walks: the "I Valencian Coast Tour".



SOCIAL INTERACTION

The bike rides function great as community development events, as they give students a strong feeling of group belonging.



IMPACT ON ATTITUDES

Regular outdoor cycling activities have a great effect on stress management, overall wellbeing. Common group experiences enhance positive feelings toward peers and school.

ORGANISATIONAL NEEDS

The bike rides usually happen outside school; therefore, it is crucial to mark out safe routes around the school, which should be well articulated in the programme. The skills students develop in school should be used in the non-school environment as well; therefore, intensively involving parents helps the programme's success.

If you want to know more about the practice

mestreacasa.gva.es



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

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