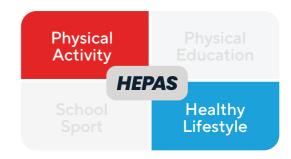
#6 Let's Ride a Bike

IES Serra d'Irta School

Spain



Active transport



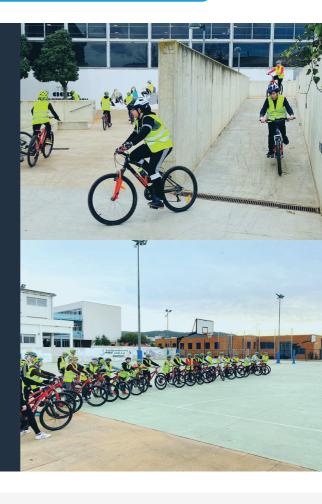
Active recess



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. Bikeplogging: 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 a 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



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