

# Cycling for all, increasing the Bikeability offer



From 2 ½ to.....

## School Sport Premium Funding

Every school in England receives:

Schools with 16 or fewer eligible pupils receive £500 per pupil.  
Schools with 17 or more eligible pupils receive £8,000 and an additional payment of £5 per pupil.

To spend on:

- hire qualified sports coaches to work with teachers
- support and involve the least active children by running or extending school sports clubs, holiday clubs and [Change4Life](#) clubs

Core objectives:

Structured lesson plans to help children develop gross motor skills, spatial awareness, dynamic and static balance and bilateral co-ordination along with the necessary skills to make the transition from a balance bike to an ordinary pedal bike in a safe, challenging, but fun way.



..... to 92 ½

What does adult cycle training aim to offer?

- Base level – build confidence to get adults back on their bikes or ride more safely and more often.
- Upper level – provide commuting cyclists the chance to undertake elements of Bikeability including route planning and hazard perception.

Funded by - Local Sustainable Transport Fund (LSTF) 2015/16

In 2011, a £600m Local Sustainable Transport Fund was launched to support delivery of the Local Transport white paper Creating Growth, Cutting Carbon. The Fund runs until March 2016 and has two core objectives:

- Support the local economy and facilitate economic development, for example by reducing congestion, improving the reliability and predictability of journey times or enhancing access to employment and other essential services.
- Reduce carbon emissions, for example by bringing about an increase in the volume and proportion of journeys made by low carbon sustainable modes including walking and cycling.

And in between.....

We also offer year 3 and 4 level 1, again funded by School Sport Premium funding or by the parents themselves and after school cycle clubs, which link into local junior cycle clubs..... what can you replicate in your area????

Our aim is to source funding partners or tender for grants, enabling us to offer cycle training for anyone from 2 ½ to 92 ½ (and beyond).

Alongside the funding pots mentioned above we also receive grants from local authority, Sport England and the local Health and Wellbeing Board.

Healthy behaviours in childhood and the teenage years set patterns for later life and, if acquired early, can have a dramatic impact on well-being. Nearly a quarter of all reception-aged children and one third of Year 6 pupils are overweight or obese and it has been documented that inactivity causes nine per cent of premature mortality. Identify children who are the least-active, who are overweight or who are at risk of obesity and design targeted physical activity interventions specifically for them. The focus needs to be on enjoyment, so engage these pupils by offering a breadth of appealing activities that include plenty of exercise and promote wider health and well-being messages in a young people-centred environment.

Presented by

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