

# Embedding Cycling in the Curriculum



## Cycling in the Curriculum Southend-on-Sea

The 'Cycling in the Curriculum' project works during the school day, engaging every child, including those in disadvantaged or vulnerable groups, their parents and school staff in whole school/whole class activities equipping them to become a safe and active independent traveler.

The programme offers a spiral curriculum combining cycle training and rides with activities, both inside and outside the classroom.

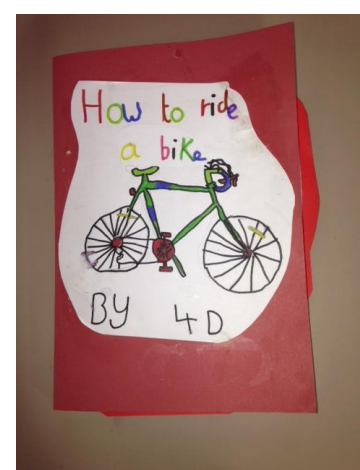


Cycle Safari's



A science lesson using gears

Instructional Writing 'How to ride a bike'



Route planning, finding their house and the best route to school



Parents teach children at the school how to ride with tips from our Instructors

## Combining Bikeability, Bike It and the school curriculum

Cycling can be linked to many subjects

Gears/Science    Puncture repairs/English, Math's & Science    Route planning/Geography

Other benefits are, team work, listening skills, increasing self-esteem, building on skills and gaining confidence.

Often gives nonacademic children a chance to shine and it's fully inclusive

Presented by

Collette Kemp [collettekemp@southend.gov.uk](mailto:collettekemp@southend.gov.uk) tel.01702 215336  
Bikeability Manager  
Southend-on-Sea Borough Council