

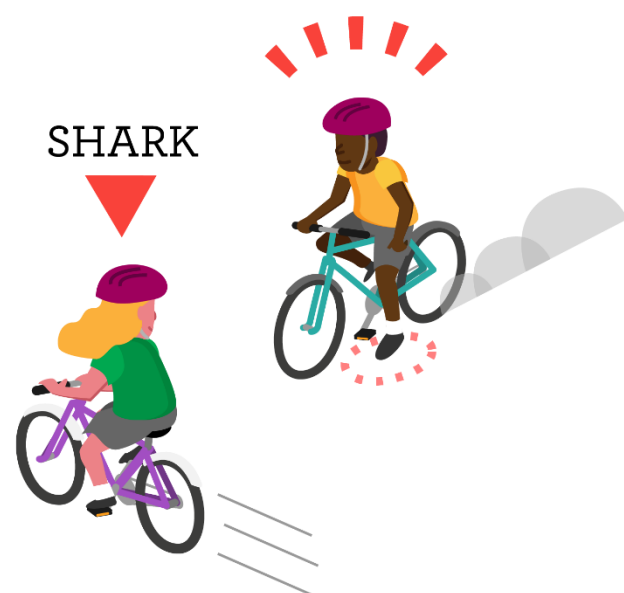


The Bikeability Trust



Get Cycling in Schools

*Building skills, confidence and excitement in
schools to get children cycling*



Bikeability: Almost 5 Million Children Trained



Riders Trained

- Nearly 5 million since 2007
- 1 million more places funded to 2025
- Top up funding for SEND
- Widening participation work
- Tracking % of schools and Year 6 pupil take up



Instructors

- 2289 actively delivering
- 500 in recruitment through DfT bursary
- Grow to 3000 by 2025
- Ofqual Level 2 Award in Instructing Cycle Training
- Register held by Bikeability Trust



Training Providers

- 195 registered training providers
- Range of business sizes
- [Looking to learn how to cycle with confidence? - Find Cycle Training \(bikeability.org.uk\)](#)



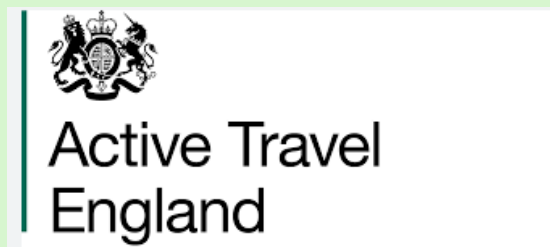
Grant Recipients

- All England Local Highways Authorities
- Launching in Wales in 2025
- Transport for London work with Bikeability Trust in London figures

Government Backing

- Manifesto pledge to offer Bikeability to every child = 80% of children in Year 5 or 6 offered a Level 2 course
- £50 million of funding for 2023-25
- Owned by Government
- Gold standard in cycle training
- Additional Funding for HAF (to fund additional courses, access to cycles)
- Additional funding for SEND children for inclusion

Bikeability Trust campaigning for Bikeability to be on the curriculum like swimming: life saving and life skill



Policy paper

School sport and activity action plan

A cross-government action plan to provide more pupils with increased opportunities to play sport and take physical exercise during their time in school.

From: [Department for Education](#), [Department for Culture, Media and Sport](#), and [Department of Health and Social Care](#)

Published 15 July 2019

Last updated 23 March 2024 — [See all updates](#)



Watch our Schools film: <https://youtu.be/FTMTfh9TxNY>

Bikeability Programme

Core Levels



Bikeability Level 1

Ready for a journey? Have you mastered the art of balance with no stabilisers? Then you're ready for Level 1.

[Read More >](#)



Bikeability Level 2

Level 2 teaches children how to grow more confident with each turn of the pedal with our expert instructors.

[Read More >](#)



Bikeability Level 3

Level 3 can equip you with the skills needed to stay safe in more challenging urban situations and learn more advanced skills.

[Read More >](#)

Plus Courses

<p>Balance</p> <p>Prepare for Level 1</p> <p>Generally aimed at 4 – 7 year olds</p> <p>Develop cycle handling and awareness skills</p> <p>Build confidence ahead of future training</p>	<p>Bus</p> <p>Cycle together to and from school</p> <p>Perfect for children, parents and school staff</p> <p>Learn the best route, build confidence and inspire active travel</p>	<p>Fix</p> <p>Learn the essentials of cycle maintenance</p> <p>Ideal to ensure your cycle is always road-worthy</p> <p>Repair a puncture and replace an inner tube</p>
<p>Learn to Ride</p> <p>If you can balance but can't pedal, this is the course for you</p> <p>Suitable for all ages</p> <p>Generally taught after Balance but before Level 1</p>	<p>On Show</p> <p>Showcase your skills!</p> <p>The chance for parents and teachers to see Bikeability in action</p> <p>A great way to show off how we teach cycling</p>	<p>Parents</p> <p>A taster session to show parents what Bikeability is all about</p> <p>Boost confidence to help adults cycle with children</p> <p>Inspire families to cycle together beyond Bikeability</p>
<p>Promotion</p> <p>Discover Bikeability; come and have a go!</p> <p>No pressure, simply fun</p> <p>Join a fun and engaging taster session</p>	<p>Recycled</p> <p>Give cycles a new lease of life</p> <p>Learn how to repair unused, old or damaged cycles and find them a new home</p> <p>We give away all cycles for free to those who need them most</p>	<p>Ride</p> <p>Learn how to get from A to Z</p> <p>Build confidence along a pre-planned route.</p> <p>This could include a school run, cycle to work or the local park.</p>
<p>Transition</p> <p>Learn how to cycle to your new secondary school</p> <p>Our instructors will teach you how to cycle from your primary to secondary school</p> <p>Cycle as a group and discover the joy of cycling to school</p>	<p>Adult</p> <p>It's never too late to learn</p> <p>We can teach anyone to cycle, regardless of age.</p> <p>Find out more</p>	<p>Family</p> <p>Experience the freedom of cycling as a family</p> <p>Learn how to cycle and build confidence together</p> <p>Find out more</p>



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NOTE:
2023-2024
Data

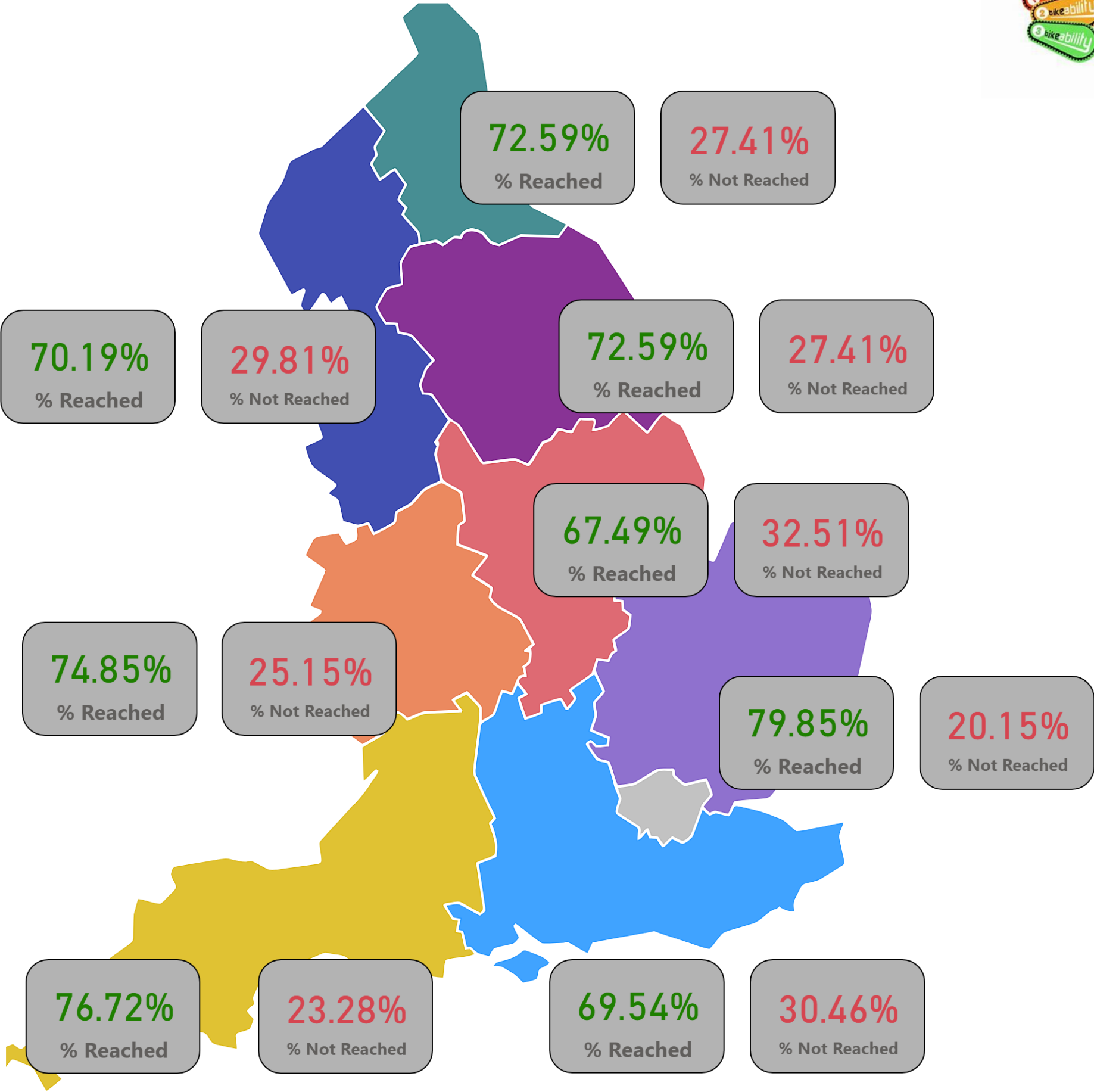
Still 1
more claim
to verify in
June
before
publication

* % of schools who have received any Bikeability training at Level 1, Level 2, Level 1&2 combined, Balance and Learn to Ride



Regions

- South East
- North West
- West Midlands
- Yorkshire and The Humber
- London
- East of England
- South West
- East Midlands
- North East



* This report only shows data for open schools and includes all primary schools, special schools, all-through schools and middle schools deemed as primary. It excludes all independent schools. Academy converter schools may show no data if training was logged against the old school name/URN prior to conversion.

Bikeability Evidence Base

90%

Children: risk

After participating in Bikeability report an improvement in ability to judge risks.
Significantly higher hazard perception and appropriate response (Ipsos 2015, NFER, 2015)

65%

Children: propensity

Children who have cycled since the start of term after completing Bikeability and a 12% increase of Year 6 children those who cycled in the past week (SQW, 2019)

74%

Public: support cycle training

Public recognise the importance of professional cycle training for children. (You Gov 2022)

70%

Parents & Carers: confidence

Will allow their children to ride on the roads after completing Bikeability (SQW 2019)

Only 14% of parents feel confident teaching their child to cycle on road (You Gov 2022)

Bikeability Evidence Base



Physical Health

5 to 15 year olds cycling to school are 14% more likely to meet the weekly WHO recommendations of physical activity

(Roth et al, 2012)



Mental Health

Habitual cycling is positively correlated to overall psychological wellbeing

(Martin et al, 2014 in Cycling UK, 2017)



Carbon reduction

If one child cycled to and from school every day for an academic year (instead of car) they could save 164 kilograms of carbon dioxide equivalent: that's the equivalent of charging a smartphone almost 20,000 times.



Economic benefit

£36.5 billion in economic benefit for individuals and society across England with walking, wheeling and scooting (Sustrans, 2022).

Monitoring and evaluation

Demonstrating the impact of Bikeability cycle training

Helping to **secure funding** and **improve the programme**

During 2023, we worked with TRL to develop:

- Theory of Change model
- Evaluation framework
- Data collection tools



Monitoring and Evaluation Tools

Rider 'hands-up' survey

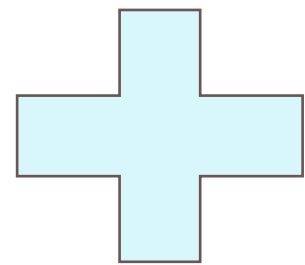
Conducted by the instructor with the riders post training. Instructor records the results in the Instructor App
E.g. confidence, safety, enjoyment

Parent/carer survey

Sent to parents/carers of the rider to complete post training
E.g. their child's confidence, frequency, encouragement to cycle

Training Provider survey

An annual online survey for the Training Provider to complete
E.g. the settings in which they deliver, barriers to delivery, recruiting new schools



Consent forms
e.g. cycling frequency
before training

Instructor app
e.g. rider outcomes

Bikeability Club
e.g. badges
acheived



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Four Issues Impacting Every Child Pledge

Schools

Over 70% of primary schools

- Resistant Headteachers (not on curriculum)
- Road safety fears
- Lack of storage for cycles
- School travel plans not statutory

Instructor Capacity

500 new instructors required

- Bursaries available
- Get Cycling in schools aiming to improve capacity and focus on Level 2
- Offering funding to every Football club in country:

<https://www.bikeability.org.uk/for-training-providers/football-clubs/>

Parents Fears

Only 14% of parents confident to teach their child


- Parents refuse Bikeability on road safety fears
- Culture war in press
- Lack of awareness of safer school streets and other measures

Access to Cycles


1 in 4 children aged 5-10 no access to a cycle (National Travel Survey)

- Fleet cycles where we loan for duration of training –80 Local Authorities used 9000 times in 6 months
- Get cycling in schools giving them access
- Looking at further funding options

Why should Cycle Training Be Statutory?



“We have found a clear and consistent association between delivery of Bikeability training by local authorities and KSIs in their regions: where delivery rates are higher, KSIs are lower. There is evidence to suggest that cyclists make better drivers – so it is possible that Bikeability training creates more competent, aware, and prosocial road users, be they acting as cyclists, pedestrians, or motorists.” Dr Dan Bishop Director of Research, Bikeability Trust (forthcoming data modelling, expected Autumn 2024)



Life Skill and Life Saving Skill

- 6,286 children killed or seriously injured on the roads (DfT, 2022)
- 4,894 Pedestrians children KSI (DfT, 2022)
- 1,514 Pedal cyclists children KSI (DfT, 2022)

35 Children accidental child fatalities from drowning in 2022 [Royal Life Saving Society UK National Drowning Report UK 2022 by RLSS UK - Issuu](#)



A new model of delivery: Get Cycling in Schools

What is 'Get Cycling in Schools'

To give teachers the skills and confidence to deliver off-road cycle training

- Balance, Learn to Ride and Ride
- Funded by Active Travel England

Why it's important:

- Increases the reach of cycle training
- Embeds cycling in schools, and engages pupils from an early age
- Prepares children for sessions with Bikeability instructors who deliver more advanced skills
- Tackles barrier of cycle ownership
- Saves money – a sustainable model!



Getting it off the ground

33 local authorities, 393 primary schools, 685 teachers and TA's trained

Schools receive:

- Teacher training
 - Half day practical training
 - 60-minute eLearning module
- Resources
 - Printed activity booklets and lesson plans
 - Fleet of Balance Bikes (and some pedal cycles)
- And feedback important data
 - Record training via the Trust's 'Link' system
 - Complete and distribute surveys



Local Authorities Taking Part

The local authorities supporting with this project are:

Phase One: 100 Schools

- Isle of White
- Hertfordshire
- Hampshire
- East Riding
- Gloucestershire
- Lancashire

Phase Two: 100 schools

- Blackpool
- Bradford
- Stoke on Trent
- Cornwall
- Derby
- Essex
- Gateshead
- Norfolk
- Nottingham
- Leeds

Phase Three: 180 schools

- Birmingham
- Buckinghamshire
- Cambridgeshire
- Central Bedfordshire
- Cumbria
- Milton Keynes
- North Somerset
- Northamptonshire
- Shropshire
- Slough
- Solihull
- Staffordshire
- Stockport
- Torbay
- West Sussex
- Wiltshire
- Wokingham
- Worcestershire

Phase 4 applications (600 schools): Open May 2024, training and onboarding from September 2024



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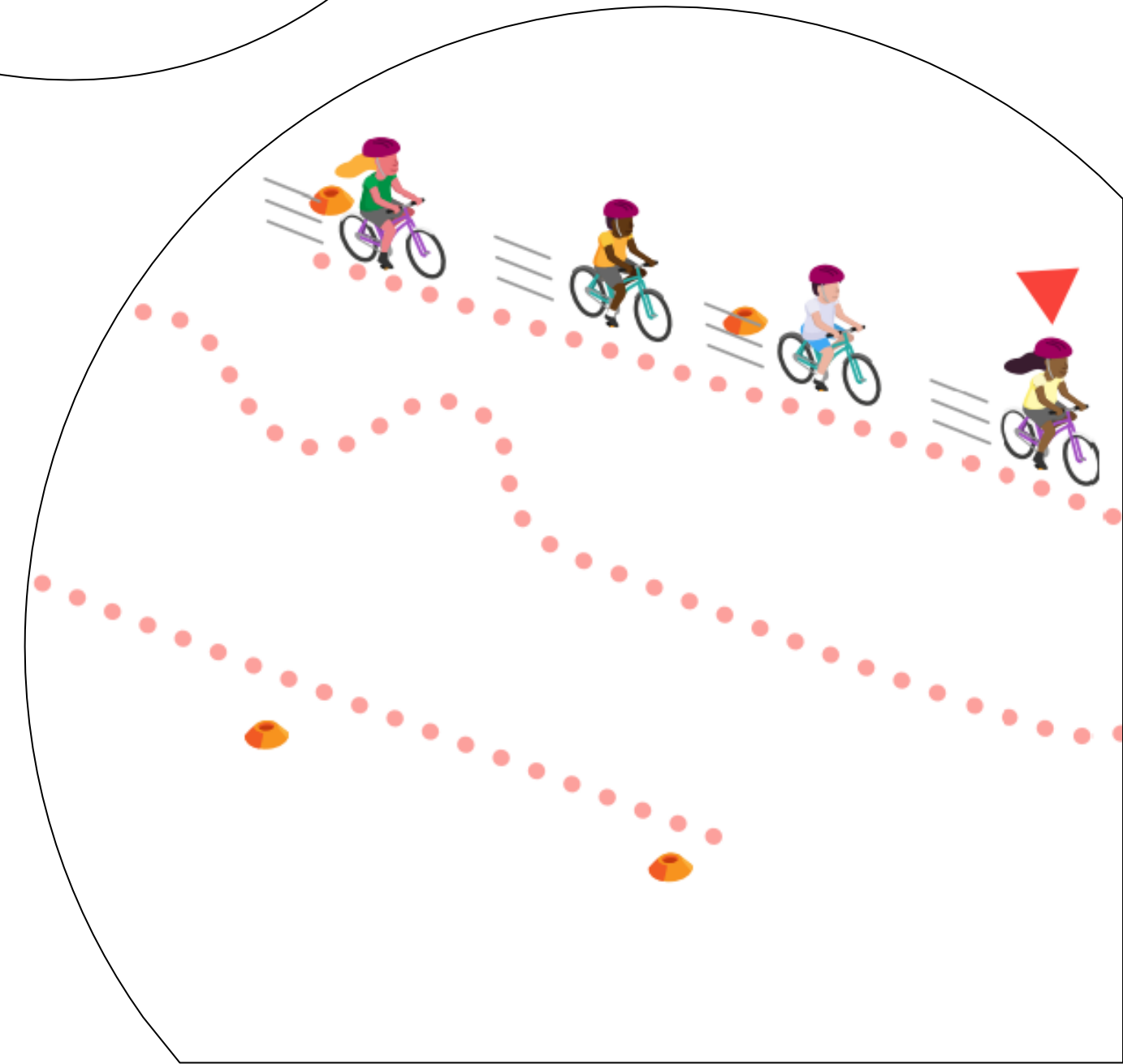
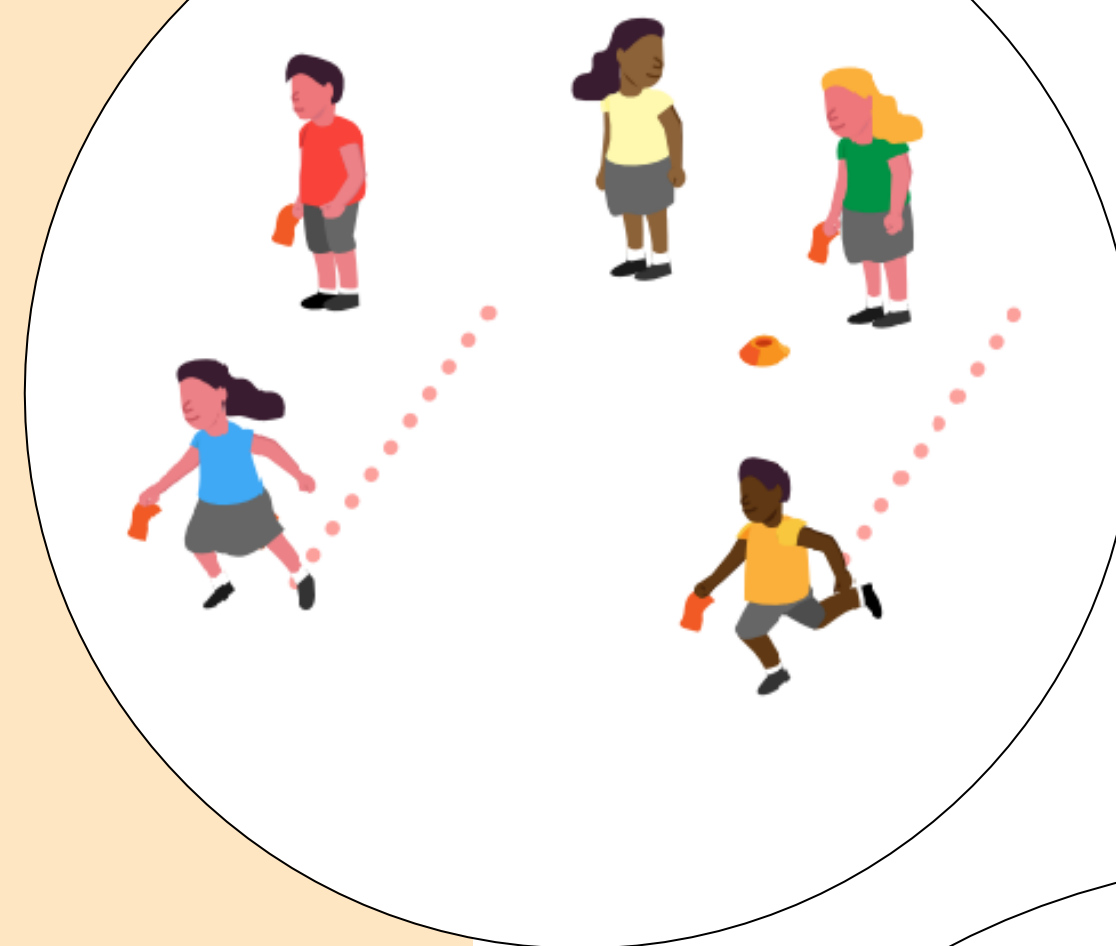
Evaluation

Focus areas...

- Confidence, ability, attitudes to cycling and future training
- Parents as gatekeepers
- The reach of the cycle training
- Appetite from schools

Collecting the data...

- Pre and post training 'hands-up' rider surveys
- Parent/carer survey
- Get Cycling Lead's 'reflection' survey
- Two focus groups with Get Cycling Leads



Evaluation

- 81% of teachers see it as a **sustainable programme** for their school to continue to deliver.
- 7% increase in number of riders who now **ride every day**
- 14% increase in the number of riders who want to **cycle more often**
- **Cost efficient:** £3.03 per child cost per year instead of £52 per child by instructors per year
- Over 19,000 children trained in the first phases



Feedback

- 'Just wanted to let you know that a year 6 boy that could not ride a bike and was taught by XXX had the confidence to step in to Bikeability training has passed level 2 today!!
- 'The course has given me the confidence to get back onto a bike after approx. 17 years. This alongside all the information given I feel will allow me to go to direct a course more confidently and accurately.'
- 'Very excited to start as an after-school club/program and we are going to invite specific children to help in areas such as their core muscles to help strengthen and those who do not have access to riding a bike/being in a garden after school/weekend. Enjoyed the day, demonstrated well.'
- "I just wanted to share that with our weekly cycling lessons we have with the balance bikes and the pedal bikes we won, so far around 23 children in our year have learnt to ride a bike :) So thank you for the opportunity."





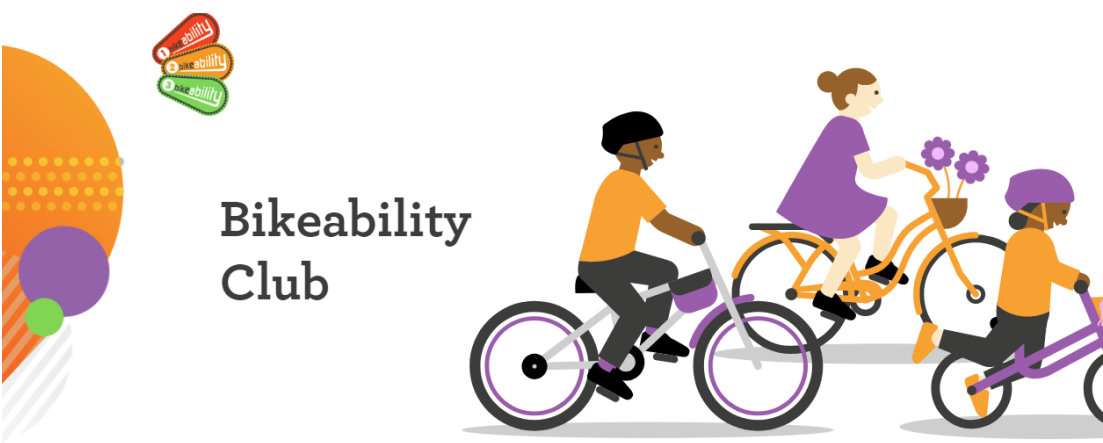
Bikeability Club: a new model for parents

Parent Carer Tool

Parent Carers receive:

- Personal rider course report
 - Outcomes achieved
 - Information on what child achieved
- Resources
 - Information and advice
 - Next steps for cycling
- Ongoing badge collection
 - Activities to do with child
 - Offers and discounts

<https://club.bikeability.org.uk/?display=1&test=1&id=84>



Bikeability Club

Welcome to Bikeability Club

The area for riders who've taken part in Bikeability cycle training (and their grown ups!). Access your rider reports, earn digital badges, claim exclusive offers and more.


Well done Rider! You've taken part in Bikeability at Test Organisation (non school). Now it's time to continue your cycling journey.

Hey Rider, here's your Rider's Report for Level 1.

Activities Undertaken	Completed	
Prepare myself for a journey	On my own	more
Check if the cycle is ready for a journey	On my own	more
Slow down and stop	On my own	more
Pedal	On my own	more

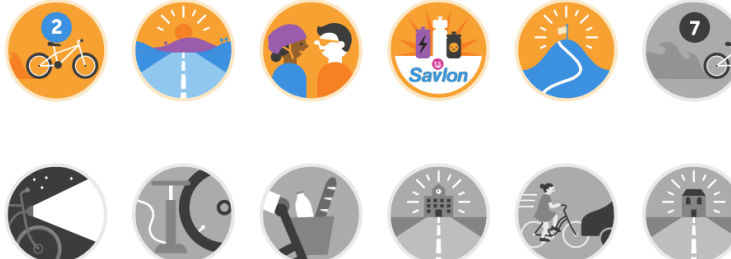
Course Badges

Congratulations, here are the badges you've earned, click on them to find out more.




More Badges

Badges allow you to celebrate achievements you've made beyond Bikeability! Learn how to earn any badge by simply tapping on it, and don't forget to check out our exclusive offers from our partners too.




Other ways to get involved



Go cycling!

Find out more about planning a route and family friendly rides.


[Find out more](#)



Become an instructor

Love the idea of teaching children to learn to ride? Find out about becoming a Bikeability instructor.

[Find out more](#)



Donate

Your donation can help give more children and families the confidence to cycle, and enjoy this skill for life.

[Find out more](#)

Our Next Government Asks



1. Maintain funding levels for 'every child'
2. Extend Get Cycling in Schools programme
3. Zero Rate VAT on children's cycles
4. Bring Adult cycle under administration of Bikeability Trust



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Thank You

Emily Cherry

Emily@bikeabilitytrust.org