

A group of cyclists, mostly wearing high-visibility yellow-green vests, are riding down a residential street. The street is lined with red-brick houses and bare trees. The cyclists are moving away from the camera, and their shadows are cast on the road. A large red diagonal shape covers the bottom left portion of the image, containing the text.

Redcar & Eston School
Sport Partnership CIC

BIKEABILITY TRAINING

More Than Sport

IMPACT ON CHILDREN & YOUNG PEOPLE



Daily Physical Activity Benefits

By cycling regularly, children can build exercise in to their daily routine to help achieve the recommended 60 minutes of physical activity per day.



Safety Benefits

The training improves children's ability to ride their bike safely on roads. It helps them to understand and identify hazards and follow the highway code.



Other Benefits

Bikeability helps to build children's confidence and social skills. It also helps to develop a child's independence to travel to and from school.

IMPACT ON SCHOOLS

Bikeability helps with concentration, spatial awareness, concentration, decision making, planning and independent thinking. This can then be taken back to their work in the classroom and improve their academic achievement.

An increase in the number of pupils riding their bike to school helps to reduce congestion and pollution at the school gate. Children actively travelling to school on a morning will increase their alertness and readiness to learn.