



Big Pedal 2021

# It's back and extra flexible



**Sustrans Big Pedal, the UK's largest inter-school cycling, walking, wheeling and scooting challenge is back for 2021.**

Now in its 11th year, Sustrans Big Pedal has inspired hundreds of thousands of pupils, staff and parents to take active journeys to school.

We don't know exactly what 2021 will bring in terms of coronavirus lockdown restrictions. So we've taken a more flexible approach to the Sustrans Big Pedal 2021 competition. **Children will be able to take part whether they are travelling to school or learning at home.**

As well as active journeys to school, 30 minutes of physical activity at home and exercise taken from home with a family member will count as one journey in the challenge this year.

**We have also designed our school resources to be suitable for situations where pupils are learning remotely.**



## COVID-19 and active travel

### It's more important than ever to travel actively

The school run is an easy way to build regular exercise into children's daily routines. Sustrans Big Pedal has always been about helping children enjoy the physical and wellbeing benefits of active travel. Our commitment to keeping children active and healthy continues. Taking part in Sustrans Big Pedal 2021 can also help encourage those who are remote learning to be active during the day. Either by completing a physical activity at home or taking another active journey with a family member.

There are many benefits to active travel, especially during a pandemic. Active travel is great for your physical health and mental wellbeing, helps to reduce congestion outside the school gate, and can easily be done in a COVID-19 safe way.

### Looking towards a greener, fairer future

During lockdown sales of bikes soared and many people enjoyed walking, cycling, scooting and wheeling on quieter roads. Many people explored their local areas, enjoyed cleaner air and reconnected with nature. Some thought about the greener, fairer future they wanted to see after the pandemic. This period of change and reflection provides a great opportunity to establish new habits. It's a great time to take part

*"...encouraging active travel help[s] to enable pupils to be physically active while encouraging physical distancing."*

**Guidance for all schools in England, Department for Education, January 2021**

in Sustrans Big Pedal, an activity designed to encourage people to start taking more active journeys, to school and elsewhere.

With many parents continuing to work from home, a previous barrier of needing to drive on to work after dropping the kids off at school may also have been reduced.

## What counts as a journey?

### Active journeys to school

Active journeys to school – walking, cycling, wheeling or scooting – will naturally still count as a journey in the challenge. Remember to ask pupils if their parents travelled actively too as supporter journeys also count towards your class totals.

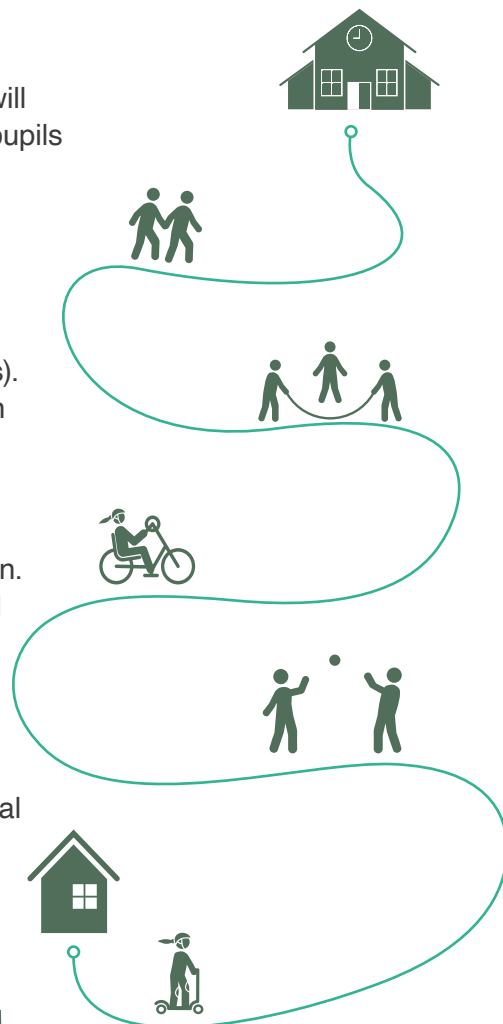
### Physical activities at home

We will provide daily suggestions for physical activities at home with options that work indoors as well as outdoors (gardens, playing fields). If parents and guardians want to join in the fun, their participation can be counted as a journey too.

### Active journeys from home with a family member

Pupils learning remotely can also participate with a parent or guardian. Active journeys from home, as long as they can be safely supervised by a parent or guardian and are within local coronavirus rules, count as one journey in the challenge. Local journeys such as walking or wheeling around the block, cycling to the local playing field or scooting a route past their friends' houses would all count.

We will also provide ideas to link these activities to Sustrans Big Pedal learning themes. Remember to count the parent and guardian trips for these journeys too. Make sure you follow local coronavirus guidance and maintain social distancing. This means staying two metres apart from anyone not in your household or support bubble.



## How will the Big Pedal work remotely?

All journeys (active journeys to school, physical activities at home and active journeys from home with a parent or guardian) will need to be logged by teachers onto the Sustrans Big Pedal website daily. We encourage teachers to use their normal method of communication with pupils to find out how many children have made active journeys or taken part in a physical activity each day. This could be a hands-up survey or a digital message from each pupil.

Resources have been designed with remote learning in mind. Whilst we aim to provide digital resources, we will also ensure options are provided for pupils without access to a computer.

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey. [www.sustrans.org.uk](http://www.sustrans.org.uk)

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