Info sheet

Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge that inspires pupils, staff and parents to choose 'human power' for their journey to school.

The 2019 challenge

Travel around the body, learning, exploring and getting active for Sustrans Big Pedal. For the first time, **walking will be counted** alongside cycling and scooting.

This year the challenge will run from **25 March - 5 April**. Register for the challenge from January 2019 at **www.bigpedal.org.uk**.

86% of participating schools surveyed said it raised awareness of cycling and scooting in their school

82% of schools surveyed said that pupils continued to cycle or scoot to school following the event

How it works

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking, scooting or using a wheelchair to school.

A school's best five days will determine their final position and schools at the top of their leaderboards will receive an exclusive Sustrans Big Pedal Trophy.

2018 was an amazing year

A staggering **1,179 kg of nitrogen oxide was avoided** as a result of the 10-day challenge. Almost **46 million calories were burned** from participants cycling and scooting to school.

If the journeys logged had been made by car, we saved over 576 tonnes of CO2 and over 60,000 gallons of fuel, costing over £330,000.

In 2018, over **1,200** schools made **989,414** journeys to school by bike and scooter

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**

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans January 2019

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Prizes

All schools will be entered into daily prize draws for rewards if over 15% of your school cycle, walk or scoot on each day of the challenge. Prizes up for grabs include accessories and equipment to help your school travel actively.



School Resources

We provide a suite of fun and interactive resources to help make your challenge a success. These free resources include:

- A school account on the Big Pedal website
- A human body wallchart with curriculum-based fact cards
- Daily classroom activities
- Posters
- Top Tips
- Leaderboards



FAQs

Who can take part in the Big Pedal 2019?	All schools and classes in the UK can take part in the Big Pedal.
How do I register?	A school must register online on the Big Pedal website. You will need your school identification number (DfE/SEED/Inst Ref Number) and the details of a staff representative who will be responsible for entering journeys throughout the challenge. Schools can register any time ahead of the challenge.
Can I see which schools in my area are taking part?	Yes. There is a list of schools that have registered on the website which you can search for alphabetically, by school name or Local Authority. You can also view a map of schools taking part.
We can't commit to the full challenge, can we still take part?	For schools unable to record five days worth of journeys over the challenge weeks, we also have a one-day version, which can include cycling, walking and scooting activities in the school day as well as on the journey to school.
We are a Special Educational Needs school (SEN), can we compete?	Yes, SEN schools can compete too. If your pupils are able to cycle, walk, scoot or use a wheelchair to school then you may enter the Sustrans Big Pedal just like any other school and count your journeys. There is no separate category for SEN schools. However, SEN schools with pupils who are unable to scoot/cycle to school may use school/static/adapted bikes and count journeys made at school, e.g. during school break times, in the playground.

Be part of something BIG

1) Keep up to date, check out the Sustrans Big Pedal website and register for the newsletter at **www.sustrans.org.uk/bigpedal**
2) Put the date in your diaries
3) Register for the challenge in January 2019 at **www.bigpedal.org.uk**
4) Email the Big Pedal team if you have any questions at **bigpedal@sustrans.org.uk**