

Cycling club

Better by...



About this activity

Suitable for primary and secondary schools.

Cycling clubs bring together those who already cycle to school, as well as offering an incentive to get others to start using their bikes.

A cycling club is an opportunity to involve your whole school and its wider community in active, healthy activities and trips.

Your club may also benefit from the pool scooter and cycle initiative.

Running the activity

Your club can bring together cycling enthusiasts new and old to organise games, races and cycle trips, take part in cycle training and maintenance sessions, improve the school's cycling facilities, and more.

You can run your cycle club for a full term or over the whole academic year. The spring/summer term is ideal thanks to lighter evenings.

How to evidence your activity

- Share your ideas, agree your targets and discuss any challenges you face.
- Record the feedback from your pupils. Note how they have got involved with the club and how this has helped you meet your targets.
- Sign in to Modeshift STARS to add your story. Explain the activity, add photos and include your pupils' feedback. Also include any planning documents, risk assessments, posters, letters and promotional materials you or other members produced to support the club.

How it helps

This activity counts towards Cycling Travel activity

- Develops cycling/scooting skills.
- Builds on road using skills.
- Gateway to other cycling initiatives.

This activity can count towards your Modeshift

STARS accreditation: Travel activity - C16-C18

Supporting: Promotion PR1, PR7,

Curriculum CU1, CU8, Partnership P3



Activity steps

- 1. Get ready**

Read through the TfL Cycle Club toolkit (see Resources) for help with getting your club started and ideas for how to make it a success.
- 2. Plan**

Get a team of enthusiastic pupils, staff and parents/carers together to start planning activities, routes and training sessions.
- 3. Launch the club**

Promote the new club to the whole school community in assemblies, the school newsletter and on the website.
- 4. Safety first**

Make sure you have parental permission for each individual to be involved and have completed any risk assessments.
- 5. Check your success**

Ask club members for feedback. How do they find the club's activities? Do they cycle more as a result? What could you do to get more pupils involved?
- 6. Tell your story**

Feedback to your borough officer and add your story to the Modeshift STARS website.