



# Cycle to School Week

## Step by step guide

Take part in a Cycle to School week to encourage families to cycle or scoot to school and beyond. Celebrate the positive impact this has on children's health and wellbeing as well as the environment.

It is easy to run a Cycle to School Week. Just follow the steps below:

**1** Choose a week to run Cycle to School Week.

**Tip** - If you are taking part from 3-7 October make a pledge on the [Bikeability website](#) for a chance to win a Frog City 61 Bike!

**2** Promote the event to staff, pupils, and families. [Download marketing pack](#).

**Tip** - invite parents to download [Sustrans free family guide](#) to cycling or scooting to school.

**3** **Be inclusive** - read the overcoming barriers to cycling and scooting guide to help ensure everyone can feel included and take part in the event.

**4** **Encourage** families and pupils to check their cycles and scooters are safe to ride. Watch Sustrans [M-check](#) and [L-check](#) video.

**5** **Use the lesson plans** provided to help pupils learn about the benefits of active travel.

**6** **Have fun!** See how many pupils, parents, and teachers you can get cycling or scooting to school.

**Tip** - you do not need to log your journeys anywhere it is simply about trying out cycling or scooting.

**7** **Share** - let other schools know you are taking part in a Cycle to School Week Remember to use #CycletoSchoolWeek on social media.

**8** [Fill in this short survey](#) to help us understand the impact Cycle to School Week had in your school.

