



Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2021, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 19 April to 30 April. It's free and we would love everyone to be involved.

### What do you need to do?

Encourage your child(ren) to take active journeys to school on the days their class are taking part during the event, and join them on their way. This year we are asking children to join in on alternate days.

Date	Classes
Mon 19 <sup>th</sup> April	P2,P5,P6,P7
Tues 20 <sup>th</sup> April	P1,P3 and P4
Wed 21 <sup>st</sup> April	P2,P5,P6,P7
Thurs 22 <sup>nd</sup> April	P1,P3 and P4
Fri 23 <sup>rd</sup> April	P2,P5,P6,P7
Mon 26 <sup>th</sup> April	P1,P3 and P4
Tues 27 <sup>th</sup> April	P2,P5,P6,P7
Wed 28 <sup>th</sup> April	P1,P3 and P4
Thur 29 <sup>th</sup> April	P2,P5,P6,P7
Fri 30 <sup>th</sup> April	P1,P3 and P4

Or, if your child(ren) are learning from home, take active journeys from home with them or encourage them to do physical activity on as many days as possible instead.

### Tell us what you've done at home

If your child(ren) are taking part in Sustrans Big Pedal from home, you can let their teacher know if they have been on an active journey or completed a physical activity by emailing your class teacher or posting on Teams.

Please use this communication channel to let us know if other family members (including parents and siblings not at the school) have joined in as supporter activity counts in the competition too.



The Big Pedal is a Sustrans project. 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)

## **Why we are taking part**

Sustrans Big Pedal is a great way to get children active, which is important for physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

Covid-19 has made active travel to school is even more important. The Department for Education have said encouraging active travel to school helps “to enable pupils to be physically active while encouraging physical distancing.”

Plus there are some great prizes to be won every day if we get enough children taking part!

## **Cycle, walk, scoot and snap to win family prizes**

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child(ren) cycling, walking, wheeling or scooting to school on social media during the challenge using #BigPedalWin.

To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter [twitter.com/sustrans](https://twitter.com/sustrans) or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans).

Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

## **Useful resources**

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school.

Download your free family guide using this link:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-family-guide/>

Please use the below link for tips on staying safe on the school run during lockdown:

<https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/how-to-stay-safe-on-the-school-run-during-lockdown/>.

For more information about the event go to [www.bigpedal.org.uk](http://www.bigpedal.org.uk). Enjoy the challenge!  
Best wishes

Mrs Ferguson