

Project Outline

Delivery of Level 2 Bikeability Training to Year 5 and 6 (aged 10 years plus) pupils to support safe and healthy travel to school and engagement in Daily Physical Activity.

Aims

1. **Increased number of young people travelling to school by bike (evidenced through Fit to Succeed Survey).**
2. **Increased number of schools accessing the Devon County Council Travelwise Award (evidenced via DCC).**
3. **Increased number of young people engaged in Daily Physical Activity (evidenced by Fit to Succeed Survey and PESSYP Survey).**

Contribution to SEF/OFSTED Framework ;

1. A2.7 The extent to which pupils adopt healthy lifestyles.
2. A4.5 The effectiveness of partnerships in promoting learning and well-being.

Supports Schools to Achieve;

1. DCC Travelwise Award
2. Healthy Schools Award
3. Devon Active Lifestyles Award

Delivery Options

1. 5 x 2 Hour Curriculum Sessions (AM or PM) across one week.
2. 5 x 2 Hour After School Sessions across one week.
3. 5 x 2 Hour After School Sessions across a half term period.

Please complete the following details:

School Name _____

Lead Bikeability Co-ordinator _____

Please outline the delivery option you would prefer from the list above, give as many details as possible;

Please outline your preferred dates and times during the Spring or Summer Term.

1st Choice _____

2nd Choice _____

What strategies will be used to measure the impact of the sessions, for example Fit to Succeed Data?

How will you reward and recognise the achievements of the young people involved?

Would you be interested in sending a member of staff on Bikeability Tutor Training?

Yes No (please tick as appropriate)

If yes, please provide details of the staff member below including name and contact details.

I agree to provide a short end of year monitoring and evaluation form to Exeter School Sport Partnership to support the overall review of the Bikeability project;

Signed _____ Project Co-ordinator

Signed _____ Headteacher

Date _____

Please return this form along to Vicki Tearle, Skilled for Health Co-ordinator, St. Luke's Science and Sports College, Harts Lane, Exeter, Devon, EX1 3RD by Friday 13th November 2009. We will then contact you with details of your allocated dates and tutor details by Mid December 2009.