

**Project Outline**

Delivery of Level 3 Bikeability Training to Year 7, 8 and 9 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. 6 x 2 Hour After School Sessions across 6 days.
2. 6 x 2 Hour After School Sessions across a half term period.
3. One full day per week over a two week period (2 days in total).
4. Other (please feel free to suggest a different mode of delivery to suit your own requirements)

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.

1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

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

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

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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.

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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 13<sup>th</sup> November 2009. We will then contact you with details of your allocated dates and tutor details by Mid December 2009.