

We'd love to hear from you!

John Clode aka Bike It John
is the Schools Officer for
South Hampshire.

Please get in touch if you
have any great walking or
wheeling stories or would
like to find out more about
our school work.

Email:

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Bike It School Dates

- **Monday 1st & Tuesday 2nd June - Year 3 Scooter Skills at Alverstoke Junior School.**
- Wednesday 3rd June - Bike & Scooter Dr at Stoneham Park Primary School.
- **Tuesday 9th - Thursday 11th June - Year R Balance Bike Skills at Harrison Primary School.**
- Monday 15th June - Year 2 Bike Dr at Shakespeare Infant School.
- **Tuesday 16th June - Year 6 Transition Bike Ride at Alverstoke Junior School.**
- Wednesday 17th June - Maintenance Lessons at Wildern School
- **Tuesday 23rd June - Year 6 Transition Bike Ride at King's Academy Gomer**

April Activities

Some great activities took place in April for Bike It John and all of them in some of the glorious weather we had.

There were 2 more days of Bike Maintenance Lessons at Cams Hill School for a mix of Year 7 - 10, all learning some key skills to keep their bikes working well.

Year 2 at Elson Infant School had 2 days of Scooter Skills, all of the pupils did really well at learning new skills and improving their scooting to travel to school in an active way.

As year 5 at King's Academy Gomer prepared for their Bikeability training, Bike It John spent a sunny day running a Bike Doctor, as well as a Cycle Skills session to sharpen up some cycling skills before they ventured out on the road with the Bikeability team.



Wildern ATAs playing
'name the bike part'
with Bike It John



Cycle Skills at
King's Academy
Gomer

Bike It John had the pleasure of being asked to be on the judging panel at the [Modeshift STARS](#) Active Travel Ambassador Campaign Junction Event. Three Hampshire Secondary Schools pitched their active and sustainable travel behaviour change campaigns to the panel. But before the event started there was a good game of 'name the bike part' enjoyed by all the schools.

Two Bike It Schools, Wildern and Toynbee, were joined by Alderwood School; they all came up with brilliant ideas including loyalty cards, promoting park and stride locations and after school cycling clubs.

Each school received £200 to support the delivery of their campaign and after some careful deliberation from the panel, a bonus £50 was awarded to Toynbee School for their brilliant pitch to support cycling with maps, bike maintenance and a cycling club, promoting park and stride and rewarding active travel with free breakfasts and a prize draw

A huge well done to all schools for their excellent pitches and best of luck as you bring your campaigns to life for more active journeys to school.

What's coming up?

The Hampshire Bike Equipment Library for the Hampshire Bike It Schools is up and running with some equipment already on loan!
To see what equipment you can borrow to start your cycling journey or to find out more the [click here](#)

Clean Air Challenge Week

Walk, wheel, scoot and cycle for cleaner air!

The Clean Air Challenge is a free event for Hampshire primary schools, designed to inspire healthier and greener journeys. By taking part, your school will help promote the benefits of active and sustainable travel for cleaner air, better health and improved wellbeing for the whole school community.



This year's challenge takes place from **15th to 19th June**. Let's get as many families as possible walking, wheeling, scooting and cycling throughout the week - and beyond!
Click the cloud logo to sign up now and get your free resources!

Hampshire Bike Equipment Library

The **FREE** bike equipment library is now up and running, and already has equipment on loan to families but there is still plenty available.
There are child seat trailers, bike mounted child seats, lights, locks, pumps and pannier racks and bags.

If you would like to borrow any equipment then please get in touch with Bike It John by phone 07708835330 or email john.clode@walkwheelcycletrust.org.uk

The Osborne family making good use of the Burley double trailer
“We are absolutely loving the trailer, even local ridea feel like an adventure”



Useful information:

Learn to Ride

Learning to ride a bike for the first time is an individual journey that can be exhilarating and exciting.
Walk Wheel Cycle Trust offers nine easy to follow steps to help children and families on this exciting journey.
[Teach a child to ride without stabilisers in 9 easy steps](#)

Check your Bike

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.
[Walk Wheel Cycle Trust M-Check](#)

National Cycle Network

Created by Walk Wheel Cycle Trust (formerly Sustrans), The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.
In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.
Over the years many more miles of walking and cycling routes across the country have been created.
To find out more and find a route near you to explore visit the [National Cycle Network page](#) on our website

