



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 children to take active journeys to school on as many days as possible during the event, and join them on their way.

Or, if children 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 children 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 the sport@stonebowps.net email address by 3pm on the day they do the activity at home.

There will be a wall chart at school for the children to add their activity to when they arrive at school.

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.

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!



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

Cycle, walk, scoot and snap to win family prizes

If you wish, you and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your children 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 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.

The Big Pedal is For Everyone

We want to make sure that everyone can get involved Sustrans Big Pedal.

We know there may be things which make it more difficult for some pupils to take part than others. For example, some children may have different mobility needs or limited computer access for telling us about activity done at home. This should not stand in the way of children taking part.

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. Enjoy the challenge!
Best wishes

Mr Martin

Stonebow Primary School