

Sustrans Big Pedal is the UK's largest inter-school cycling, walking, wheeling and scooting challenge that inspires pupils, staff and parents to be amazing and take active journeys to school.

# The 2021 challenge

See your local area from a new perspective, learn about the benefits of active travel and discover amazing journeys to school from around the world.

This year the challenge will run from 19–30 April. Register for the challenge from January 2021 at <a href="www.bigpedal.org.uk">www.bigpedal.org.uk</a>.

In 2019,
6,153kg
of nitrogen oxide avoided as a result of the 10-day challenge\*

## How it works

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking, scooting or using a wheelchair to school.

Whether schools are open or not, your pupils can participate. Pupils learning remotely can complete a physical activity at home or take another active journey with a family member. Read how pupils learning remotely can still participate in our COVID-19 FAQs on the Big Pedal website.

A school's best five days will determine their final position and schools at the top of their leaderboards will receive an exclusive Sustrans Big Pedal certificate.

In 2019,

**2,833** tonnes

of CO<sub>2</sub> avoided as a result of the 10-day challenge\*

# Be part of something BIG

Our vision is a society where the way we travel creates healthier places and happier lives for everyone.

Celebrate the 50th anniversary of Earth Day on the 22nd April by promoting greener, cleaner ways of travelling.

### **Prizes**

All schools will be entered into daily prize draws for rewards if over 15% of your school takes an active journey or completes a physical activity at home on each day of the challenge. Prizes up for grabs include accessories and equipment to help your school travel actively.

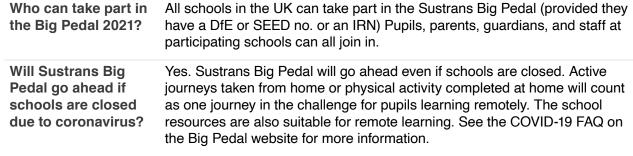
\*Based on the assumption the journeys logged in the challenge would otherwise have been made by car.

### **School resources**

We provide a suite of fun and interactive resources to help make your challenge a success. These free resources include:

- Daily classroom activities suitable for remote learning
- A school account on the Big Pedal website
- Leaderboards
- Top Tips





All participants must follow the relevant local coronavirus guidance.

How do I register? Simply fill in your school details on the <u>Sustrans Big Pedal registration</u> page.

We can't commit to the full challenge, can we still take part? For schools unable to record five days worth of journeys over the challenge weeks, we also have a one-day version, which can include cycling, walking, wheelchair and scooting activities in the school day as well as on the journey to school.

We are a Special Educational Needs school (SEN), can we compete? Yes, SEN schools can compete too. If your pupils are able to cycle, walk, use a wheelchair or scoot to school then you may enter the Sustrans Big Pedal just like any other school and count your journeys.

SEN schools with pupils who are unable to scoot/cycle to school may use school/static/adapted bikes and count journeys made at school, e.g. during school break times, in the playground. It is up to the discretion of school staff what constitutes one journey taking into account pupil ability.

# What next?

- 1. Register for the challenge from January 2021 at <a href="https://www.bigpedal.org.uk">www.bigpedal.org.uk</a>
- 2. Put 19-30 April 2021 in your diaries
- 3. Email the Big Pedal team if you have any questions: <a href="mailto:bigpedal@sustrans.org.uk">bigpedal@sustrans.org.uk</a>

