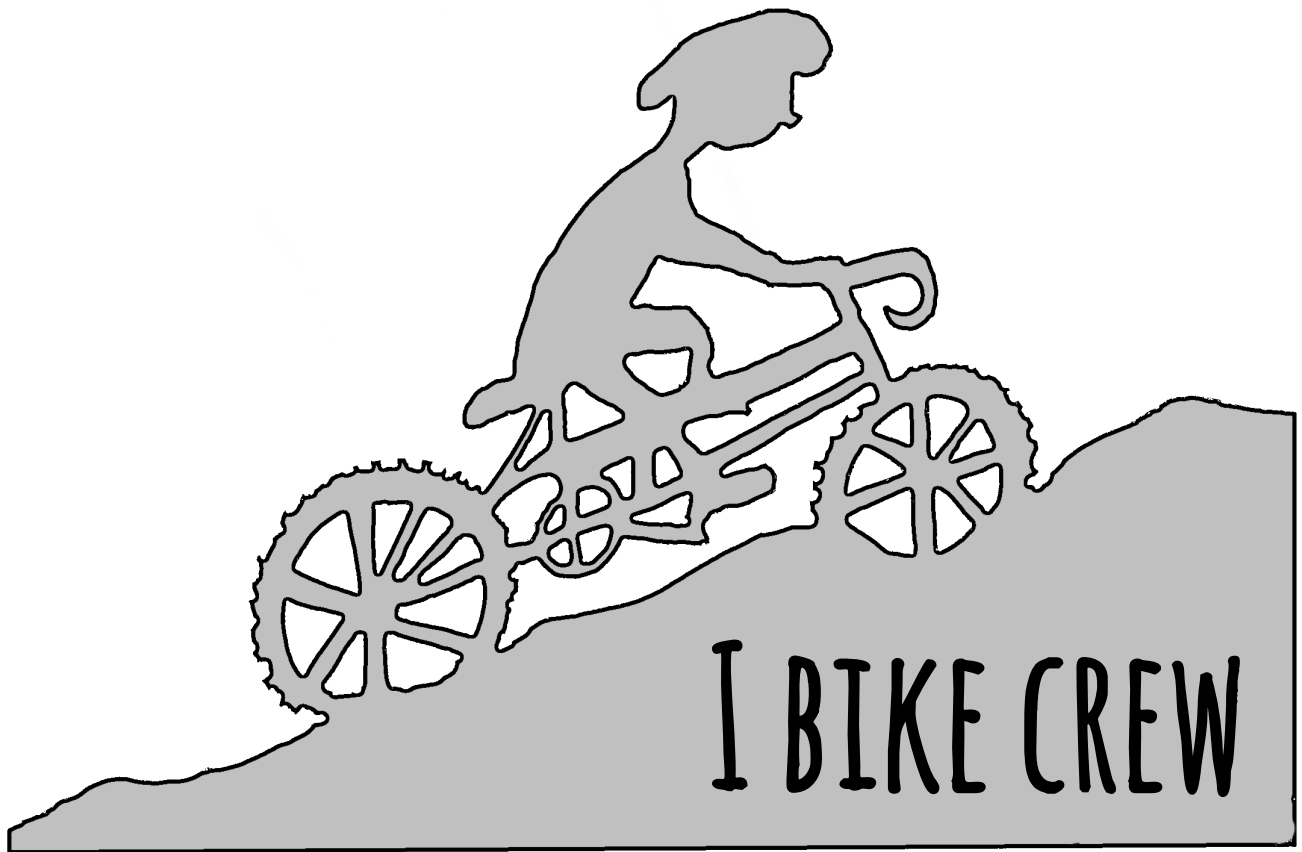
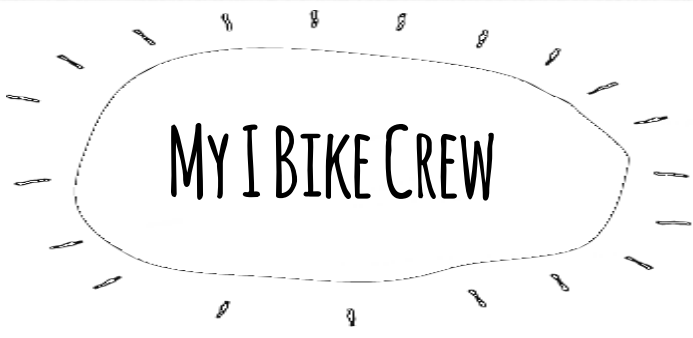


# ★ ACTIVITY PACK ★



NAME : .....

CLASS : .....



I Bike Officer : \_\_\_\_\_

My job is to help everyone in the school walk, ride and move more.

Who is in your I Bike Crew?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

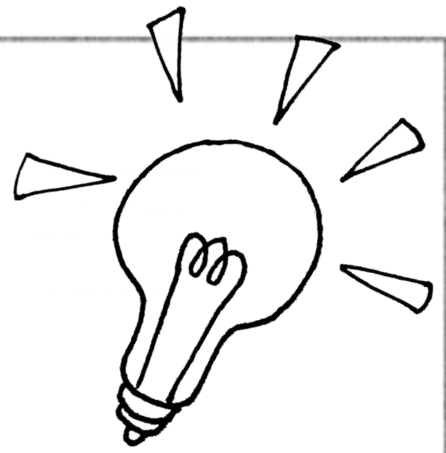


I Bike Champion: \_\_\_\_\_

My job is to help everyone in our school get active!  
Ask me for help with I Bike and the I Bike Crew.



GETTING GOING



DESIGN A LOGO

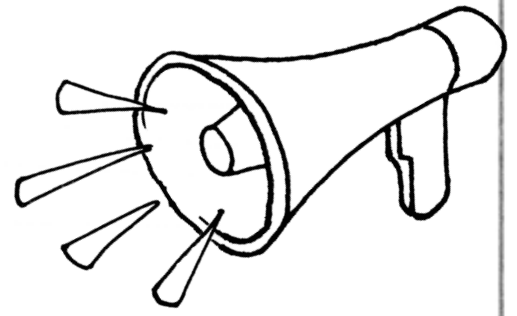
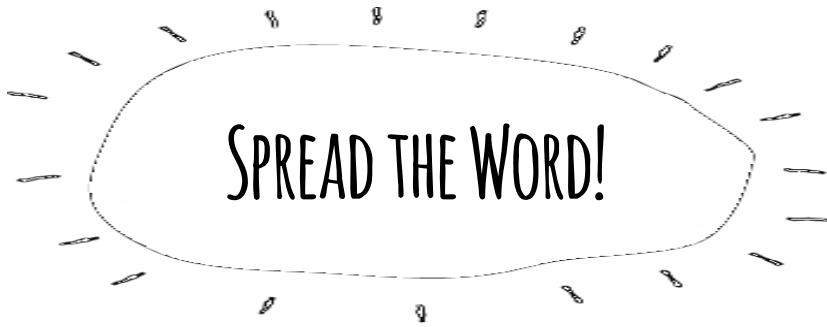
Do you want to have a competition? Do you want to design it yourselves?

CHOOSE ACTIVITIES TO DO

(Find a list in the I Bike Crew Manual)  
What will be fun? What will be easy to do?

PLAN WHEN TO MEET NEXT

What do you need to do before the next meeting? Who will do each job?

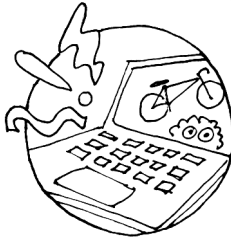


Can you make a **video** or **newsletter**?

Make it fun by making up quizzes/puzzles/jokes/competitions!



Where would be a good place to let people know about I Bike Crew **online**? Write down some ideas :



Could your I Bike Crew give a presentation during **assembly**? How would you make it interesting?



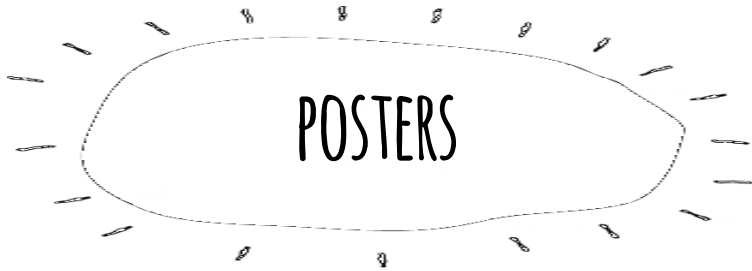
Think about what makes a good **poster**; what do you want to say?

Consider images, words, colours, poster size, where to put them.



Any more **ideas**? Write them down!





**BOLD HEADING!**

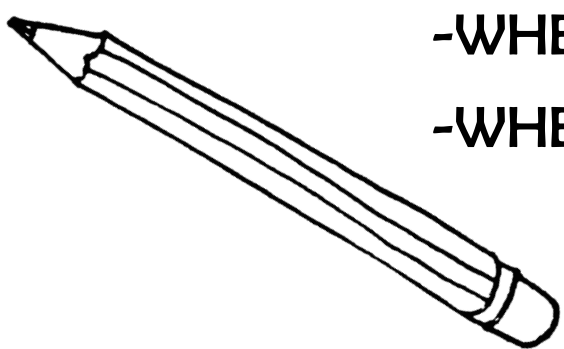
**GREAT IMAGES!**



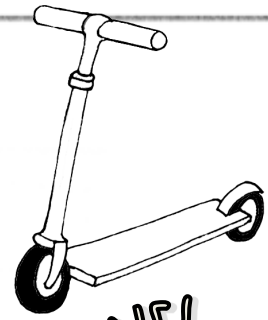
**WHAT'S IT ALL ABOUT?**

- WHO?
- WHAT?
- WHEN?
- WHERE?

TRY DESIGNING YOUR OWN : EXPERIMENT WITH LETTERING AND IMAGES!



# CHANGING HABITS



**ACTIVE TRAVEL**

= walking, cycling, scooting—  
anything that's human powered!

Have you thought about how the I Bike Crew can help people to change their travel habits towards more active travel?

**E**

E is for **EASY!**

What can be done to make it easy for people to travel actively?

Plan skills sessions on riding & scooting, talk to parents about how you get to school.

**A**

A is for **ATTRACTIVE!**

Make sure people know about all the ways that being active is good for them & the planet!

Videos, posters, newsletters showing people how good being active makes you feel, and how it reduces pollution.

**S**

S is for **SOCIAL!**

This means it's more fun to do things with friends. It's also easier to change if you see lots of people doing your new habit.

How can your I Bike Crew lead the way and be role models? Who else in your school would be a good role model?

**T**

T is for **TIMELY!**

This means that helping people change habits at the right time makes it much more likely to work!

Encourage P1s & their parents to walk, scoot or cycle to school—think about how to do this! (Some schools do walking and cycling buses).



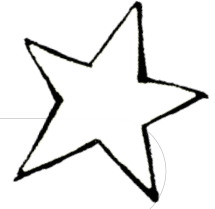


DATE

THINGS TO TALK ABOUT & TELL OTHERS :

# BIKE CREW ACTIVITIES

1) Bike/scooter counts and monitor active travel habits (see p.11)



2) Keep the I Bike **notice board** up to date

3) Help to put on fun I Bike **events** like.....

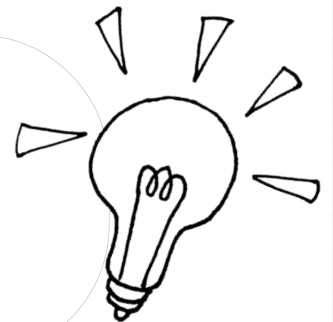
Bike Breakfasts

Dr. Bike

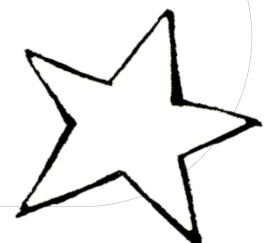
Bling your Bike



4) Write some of **your own ideas** to get your friends to cycle:



5) Learn some **new skills**. To be a Bike Crew member, you will need to design posters, run events, do bike counts, write news articles and more.





# BIKE CREW PLANNER

This is a copy of our I Bike Journey Planner : it helps you plan what activities you will do and when. Ask your teacher or I Bike Officer for your Planner so you can write your ideas on it!

## Sustrans | I Bike Journey Planner

### How to use this planner:

- Add your planned activities to the blank boxes below (by writing in or using the stickers provided) to help you schedule events throughout the year.
- Add stickers to the Success Tracker to celebrate your successes and track your progress.

### School Events

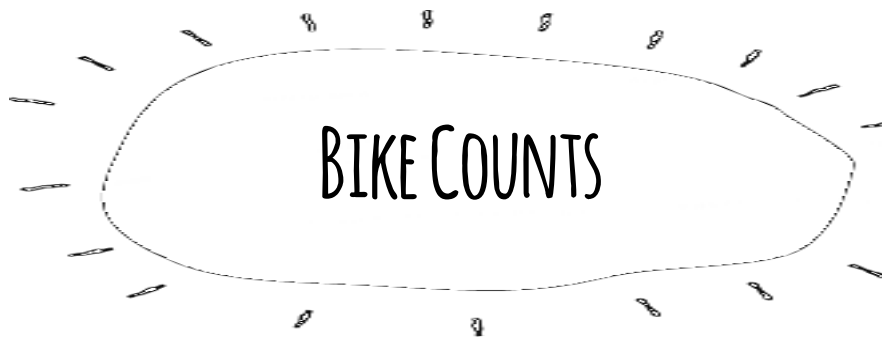
August	September	October	November	December	January	February	March	April	May	June
• School Champion • Bike Crew	• Pre-survey • Bike & Scooter parking needed?	• Engage staff • Agree training plans	• Engage parents • Seek volunteers	• Classroom sessions	• Confirm training & recruitment	• Plan next year • Promote active travel	• Bike Crew briefing?	• Launch bike club	• Post-survey	• Celebrate I Bike year!

### Success Tracker



### I Bike Events

August	September	October	November	December	January	February	March	April	May	June
• Plan activity dates	• School lunch assembly • Note curriculum target areas	• Recruitment & training plans	• I Bike activities	• Classroom sessions	• Classroom sessions	• Active travel / learning events	• I Bike activities / events	• Staff / parent sessions • Targeted group activities	• Staff / parent sessions • Transition rides	• Celebrate I Bike year!



Many I Bike Crews count the number of bikes & scooters that people bring to school. This is a great way to work out if more people are actively travelling to school.

If you do these counts monthly you can share your results and look for patterns.








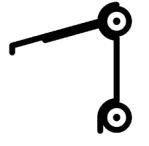

Who do you think will want to know; your I Bike officer, teachers, parents, pupils?

You might choose to put it on a notice board...

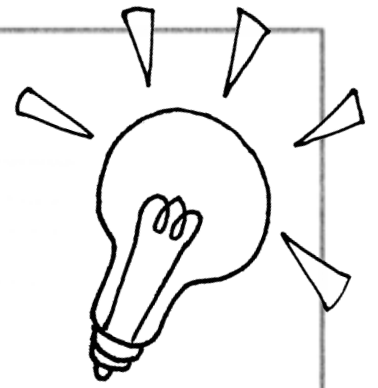
...or turn it into maths graphs or competitions!



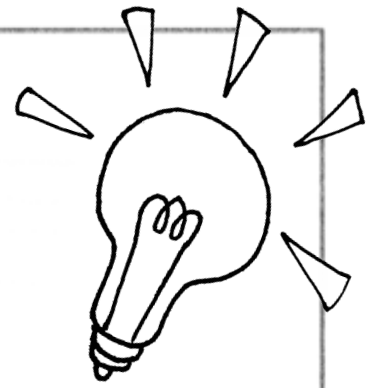
On the next page we have a table to help you do these counts at your school :

	Icy or Snowy									
	Windy									
	Cold									
	Wet									
	Cloudy									
	Sunny									
	People walking									
	Scooters									
	Bikes									
<b>Date</b>										

IDEAS & NOTES



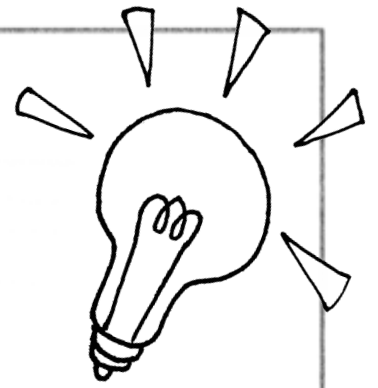
# IDEAS & NOTES



**To Do:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# IDEAS & NOTES



**To Do:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_