

# Cycling Elective

Bo'ness Academy, Falkirk



Cycling Elective run as part of with the Wider Achievement Opportunities programme at Bo'ness Academy for S4, S5 and S6 pupils.

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# Cycling Elective

Bo'ness Academy,  
Falkirk



## Overview

These sessions are part of the schools Wider Achievement Opportunities (WAO) programme for senior pupils. This WAO class aims to improve engagement and attitude towards sustainable transport and in particular cycling. The aim of any of our WAO classes is to give skills to pupils that they can transfer to any career path and make them more employable to improve their chances of reaching a positive destination after school.

### What happens:

The main aim is to upskill, through cycle specific courses, but also regarding soft, core and key life skills. Pupils are using their learning to enthuse others within the school.

The bi-weekly sessions train senior pupils as CTAs (Cycle Trainer Assistants) in order to deliver Bikeability level 1 and 2 in their cluster primary schools along with trained class teachers. As well as introduce pupils to various forms of Cycling including accessing routes and areas in their local community.

## Teacher Perspective

We asked school champion, Garry, about the Cycling Sessions at Bo'ness Academy.

### Why do you organise these sessions/workshops for your students?

To engage and motivate through the expertise and experience an external provider can provide and draw upon. There is something more engaging for our pupils when an expert comes into school to work with them. The main aim is to upskill, regarding cycle specific courses, but also regarding soft, core and key life skills. Pupils are using their learning to enthuse others within the school.

### What are the main benefits?

Building confidence and resilience in a social setting where they all have to perform outside their normal comfort zones. Pupils all have a sense of achievement from the sessions they have completed with Bryan. The sessions and layout have helped them become more aware of themselves, how they act/behave in front of others, plus obviously, cycle related skills have been developed.

## Benefits & Links



Helps to develop resilience, confidence and leadership skills.



Develops cycle skills and knowledge of local area



Can be run in and out with school hours

***“Pupils are gaining confidence in their own skills and in using leadership skills. Pupils are much more aware of the importance of using sustainable transport and the options available”***

Garry, Teacher at Bo'ness

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