

# Nat 5 & Higher PE Cycling

East Dunbartonshire



PE students at school in Bishopbriggs, East  
Dunbartonshire

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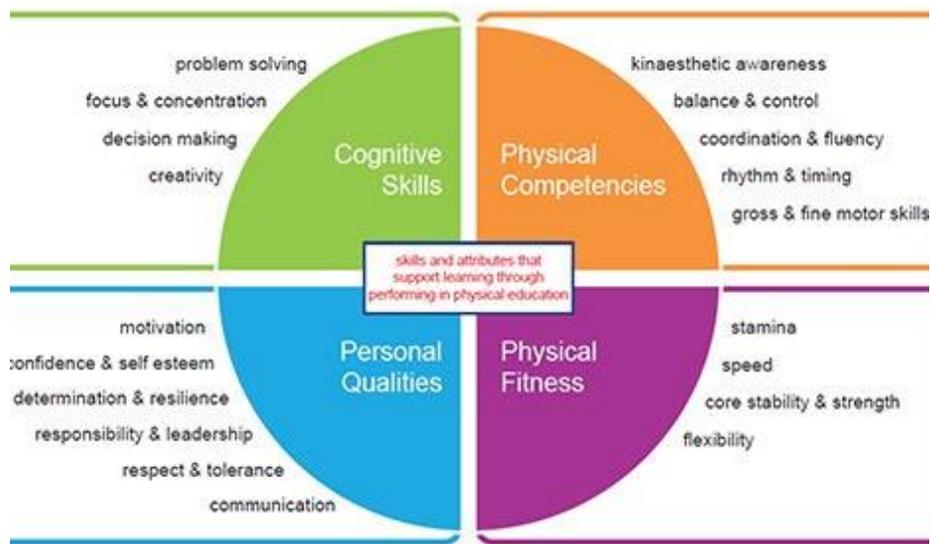
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## Overview

Two schools in Bishopbriggs, East Dunbartonshire took the opportunity afforded by having access to a school bike fleet to use them with S4 and S6 PE classes. Both schools have access to bicycles that had been funded by Transport Scotland. The bikes are stored in 20ft containers in the school grounds and are serviced annually by East Dunbartonshire Council. Running repairs are dealt with by Sustrans' IBike Officer.

### What happens during the activity?

Both classes started off in the playground – ensuring pupils could check the safety of their bikes – tyres, brakes and worn parts. They ensured that their saddles were at the optimum height for peak performance.

Bikeability2 skills were taught or reinforced – braking, steering and control.

Specific skills such as riding in pairs or chain-ganging (riding as a team whilst swapping lead rider) were introduced on school grounds.

Pupils were then led out of the school to ride along pre-risk assessed off-road routes. These routes were accessed using the safest side roads.

### Benefits and learning for pupils?

In terms of teaching and learning almost all of the significant aspects of Learning for Physical Education were easily taught and assessed during cycle rides. Limitations with single periods were overcome by incorporating breaks and lunchtime.

**“IBike assisted in the delivery of our Higher P.E. programme and the pupils gained a lot from it. They were able to learn about tactical decisions in the saddle that a performance cyclist would have to make as well as improved their own physical fitness on the bike. Ibike's input was of great value and something I would look to utilise again in the coming academic year”**

PE Teacher

## Main Benefits



Cycling can meet all of the PE core skills and attributes identified above



Helps to enhance pupils cycling skills and fitness



Sessions can be adapted to fit the school timetable

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