



Whenuapai School Cycling Programme

Information



The Programme's Aim

To enable our **students** to develop into competent **cyclists** with the skills, knowledge and experience to **safely ride** on New Zealand's roads and off road trails.

The benefits of the programme for our students, families and our community!

- Improved health and fitness.
- Additional teaching opportunities.
- Improved coordination and spatial awareness.
- Greater confidence.
- Increased resilience.
- Developed awareness of road safety.
- Alternate method to travel to school.
- Opportunity for family members to learn to ride.
- Family oriented activities for each year group.
- Bike trails are a community asset.

For a **detailed overview** of the cycling programme is contained **below**.

Cycling Programme Update (30 March 2017)

- The introductory cycle coaching education for our teachers has been completed.
- We have purchased our fleet of 51 new bikes and helmets.
- We have had 10 pre-loved bikes and a helmet donated by families of the school.
- **Our first cycling session has been completed – much to the students' excitement!**
- We have funding for our purpose built secure storage facility.
- We have funding for the first of three bike trails.
- The first working bee has been completed and more will follow – **could you help?**

What's Next?

- More classes will be starting there cycling sessions.
- PTA fundraising activity – maths-a-thon. (There will be great bike prizes!)
- The first bike trail will be built over the April school holidays (weather permitting).
- The secure storage facility will be delivered in term two.
- Working bees to complete a range of small tasks to get the programme fully up and running.



Parents and caregivers can get involved!

We need the **support** of the school community to make this programme a reality.

Volunteers – we a few more volunteers for working bees or as parent helpers for cycle sessions.

If **you can help** please get in contact with Mike Beale (M) 021913831 or email - kiwirevolutionz@gmail.com



Our Sponsors

We would like to thank our generous sponsors who have made the cycling programme a reality!



Overview of the Cycling Programme

It was decided in September 2016 to establish a Cycling Programme as part of the Whenuapai School curriculum. The decision taken because the benefits this type of programme brings to schools were clear and it aligned with our strategic plan. Our ambition has always been to improve our school grounds into a resource that benefits the whole community and most importantly our children's health, wellbeing and learning. All the funds for the programme will be raised through, grants from charitable organisations and sponsorship from local businesses, friends of the school and PTA fundraising activities.

The programme is comprehensive in that it includes the acquisition of a fleet of quality bikes and helmets for the students and teachers to use, and a secure storage facility that is alarmed to keep our equipment safe. There will be three interconnect bike trails built in and immediately adjacent to the school grounds to provide purpose built facilities for the students to learn various cycling techniques and to develop their skills. These assets will be combined with the use of professional cycle coaches to support our great teachers so they have the knowledge to deliver the cycle skills sessions to our students.

The programme will ensure that every child will have the opportunity learn how to ride a bike and then be taught additional riding techniques progressively as they develop their cycling skill level. We are utilising nationally recognised cycling programmes as the basis of our cycling development pathway. Our students will be able to enhance their cycling skills by being able to ride on a regular basis on cycle trails, designed specifically for cycle skill development in a safe but challenging environment.

We aim to support our families to cycle together by offering cycling training for parents and we will organise family focused cycling activities for our community. We would also like to include parent helpers to support our teachers to deliver the sessions and be part of this great learning experience. The cycling programme lends itself to support many of our other learning initiatives.

To ensure the programme is sustainable into the future we have developed a maintenance programme for the bikes and trails. We will have professional coaches provide on going education to support our teacher's development as cycle coaches. We will look at further fundraising events to support the maintenance of the bike trails and bike fleet.

