

# Pedal & SCOOT



**A GUIDE TO SERVICES**



# Contents

1. Early years and KS1 'Learn to cycle'
2. KS1 and KS2 'Cycle Skills'
3. KS2 'Bike maintenance'
4. KS2 & Families ' Guided bike rides' / 'Y6 Transition Rides'
5. Staff CPD / INSET short courses



## About Pedal & Scoot

Hello, I'm Annie. I founded Pedal & Scoot in 2012 with the aim of providing a friendly, professional and bespoke cycling service to schools in the Lancaster and Morecambe Bay area. I also work in schools further afield on request so please do just ask! I provide cycling opportunities for children and young people of all ages and abilities. I am a qualified teacher and cycle instructor, with over 15 years experience of working in educational settings.

To find out more about schools' experiences with Pedal & Scoot, I recommend you visit my website or Facebook page to gain a flavour of the successes so far.

Costs start at £25 per hour for local schools (Lancaster and Morecambe); please contact me for a quote. I will always do my best to meet your requirements within your budget. The majority of schools choose to fund Pedal & Scoot activities through their School Sports Premium.

*Please note: Activities in this booklet can be adapted to suit your needs. I also offer private tuition – both to children and adults.*

---

### **ANNIE COUSINS**

07877 604 711

[annie@pedalandscoot.co.uk](mailto:annie@pedalandscoot.co.uk)

[www.pedalandscoot.co.uk](http://www.pedalandscoot.co.uk)

 Find Pedal&Scoot on Facebook!





1

## Learn to cycle

### WHO FOR?

Early Years and KS1

### CURRICULUM LINKS

**EYFS – Physical development:** Co-ordination, control and movement.

**KS1 – PE:** Developing balance, agility and co-ordination.

**PHSE:** Supporting physical development and preparing children for the opportunities and experiences of life.

Your pupils will develop their balance and pedal a bike for the first time. These sessions are taught carefully to ensure all pupils learn the basics of getting on and off their bike confidently, and braking safely, before we even start to ride. We remove the pedals and stabilisers from the bikes so that children have the chance to build confidence and, fundamentally, get their balance in their own time. When they are ready, we have a go with pedals. Some children will learn in the first session, others will need more time to feel pedal-ready.

Parents & carers are encouraged to attend these sessions; this is a great way of developing school-home relationships, and gives parents & carers the chance to learn how they can further support their child with learning to cycle.

MORE INFORMATION

[pedalandscoot.co.uk/case-studies/early-years-cycling](https://pedalandscoot.co.uk/case-studies/early-years-cycling)

# 2

## Cycle skills

### WHO FOR?

Early Years; KS1; KS2

### CURRICULUM LINKS

**EYFS:** Physical development: focus on co-ordination, control and movement.

**KS1 – PE:** Developing balance, agility and co-ordination

**KS2 – PE:** Develop strength, technique, control and balance; compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**PHSE:** Supporting physical development and preparing children for the opportunities and experiences of life.



This session enables children who can pedal independently to develop their cycle skills further. Through fun games and challenges, we focus on the core skills of braking, steering, balance & co-ordination, and awareness, as well as promoting co-operation and team work.

Activities include cycle slaloms, synchronised cycling, paired and group cycling, personal timed challenges, and much more!

**MORE INFORMATION** 

[pedalandscoot.co.uk/services/pedal-and-scoot-for-schools](http://pedalandscoot.co.uk/services/pedal-and-scoot-for-schools)



# 3

## Bike maintenance and puncture repair

### WHO FOR?

KS2

### CURRICULUM LINKS

**DT:** Supports understanding of mechanical systems.

**Science:** Supports programmes of study relating to materials and forces.

**PHSE:** Supports physical development and preparing children for the opportunities and experiences of life.



In these sessions children get to grips with how a bike works. They carry out a bike safety check and learn some names of different parts of the bike. They then undertake practical tasks such as effectively cleaning, oiling and greasing parts of the bike. Children feel empowered by learning these simple techniques to look after their bike.

In a separate session, children learn how to fix a puncture. Year 3 & 4 children will fix the puncture and watch a demo of wheel and tyre removal. Year 5 & 6 children will be challenged with removing the wheel and tyre themselves.

MORE INFORMATION

[pedalandscoot.co.uk/services/pedal-and-scoot-for-schools](https://pedalandscoot.co.uk/services/pedal-and-scoot-for-schools)



# 4

## Guided bike rides / Y6 transition rides

### WHO FOR?

KS2 & families

### CURRICULUM LINKS

**PE:** Develop strength, technique, control and balance; take part in outdoor and adventurous activity challenges.

**PHSE:** Supporting physical development and preparing children for the opportunities and experiences of life.



Your pupils will take part in a bike ride from the school gate. This can be just a short ride in the local area, or a day-long trip, depending on your requirements. In the Lancaster area, there are so many wonderful traffic-free cycle paths which are great for children.

I can work with your year 6 children to plan a safe route to secondary school. We'll then plan a bike ride that follows a route to one or more of their secondary schools. This is a bespoke lesson so please do get in touch to chat about how this would work best for you and your class.

We advise that children taking part have achieved a level 2 in Bikeability before joining a ride; but this is flexible depending on the route and the child's skill level. I can always provide booster cycling sessions for those children who need to build their cycling skills and confidence.

**MORE INFORMATION**

[pedalandscoot.co.uk/services/pedal-and-scoot-for-schools](https://pedalandscoot.co.uk/services/pedal-and-scoot-for-schools)

# 5

## Staff CPD / INSET courses

### WHO FOR?

School staff / parents

I offer bespoke training courses for staff, to enable you to deliver and progress the cycling provision in your school. A typical training package consists of some or all of the following:

- Teaching a child to ride a bike
- Setting up a bike properly for a learner rider
- Cycle skills activities for learners and pedallers
- Bike and helmet safety checks
- Basic bike maintenance and how to fix a puncture
- Advice on purchasing bikes and equipment for your school
- How to lead groups of cyclists on the road, including managing and negotiating junctions



MORE INFORMATION

[pedalandscoot.co.uk/case-studies/staff-training](https://pedalandscoot.co.uk/case-studies/staff-training)





*“Because of Annie’s successful coaching, the children were then allowed to bring their bikes into the outdoor classroom, where we sectioned off an area for them to use in free flow learning time. It was then very easy to then provide differentiated challenges. Annie has a lovely manner with the children and I would recommend her unreservedly.”*

Nicola Crompton, reception teacher,  
Carnforth North Road Primary School, Lancaster.

*“Wow, Pedal and Scoot is brilliant. It is amazing to see my kids grow so much in confidence and improve their cycling skills even after one session. I would recommend you to anyone. Thank you.”*

Emma Turner, parent, St Mark’s CE Primary School, Natland, Cumbria.

*“Thank you for all your hard work with teaching our students, leading bike rides, advising us on new bikes and of course training the staff. It’s been absolutely fabulous to have such a great emphasis on bike riding this past year. We are really very, very grateful to you. You’ve been brilliant with our students.”*

Honor Redfern, teacher, Loyne Specialist School, Lancaster.

*“Thank you Annie for 2 fantastic days. Would thoroughly recommend Pedal & Scoot!”*

Claire Dervey, reception teacher, The Wold Academy, Hull.

---

**ANNIE COUSINS**

07877 604 711

[annie@pedalandscoot.co.uk](mailto:annie@pedalandscoot.co.uk)

[www.pedalandscoot.co.uk](http://www.pedalandscoot.co.uk)



Find Pedal&Scoot on Facebook!

