

Bikeability Level 3 in Hampshire

Level 3 Bikeability for Secondary Education

2013

Exciting News!

Students in years 7, 8 and 9 are being offered the opportunity to complete Bikeability Level 3 training as part of their education and progression into a healthy lifestyle. The training is free to the school and is comprehensively delivered by nationally trained instructors. In 2011 the most pedal cycle casualties were from the 10-14 age group, which highlights the need for children to receive a quality road safety education.

Achieve a Healthy Schools Accreditation

Improve Attendance and Punctuality



Reduce congestion and pollution in the school community

Boost health and reduce levels of childhood obesity

Build Bikeability into the curriculum to create a buzz and excitement for learning

How can Bikeability fit into our day?

Level 3 Bikeability challenges children to learn and develop in real traffic conditions. Students will learn how to cycle through complex junctions and various other features of the road.

Students are empowered with the skills to cycle to school, allowing them to feel safe, independent and fit! Over 20 Government agencies have contributed to the success of Bikeability, as cycling is seen to have positive outcomes for families, schools, the roads and the environment.

It is our vision that Bikeability is offered in all Secondary schools and is available to all children across Hampshire! The dynamics of Bikeability allow it to be delivered as part Physical Education, PDL or an after school club. Bikeability will help to prepare students at the school for the opportunities, responsibilities, and experiences later in life.

Did you know?
Exercise increases the flow of blood and oxygen to the brain, making children more alert and ready to learn!

www.hants.gov.uk

What type of activities do the sessions involve?

The Hampshire Schools Cycle Partnership ensures the quality of delivery of each session. National trained Instructors work hard to lay a positive foundation for future road users, making cycling a safer way to travel. The training sessions involve:

- A check of bikes and helmets to ensure all are safe for cycling on the roads.
- A short session check of Level 1 & 2 abilities – this will involve a ride around the playground followed by a short assessment ride on local quiet roads to ensure all Level 2 outcomes are observed before progressing to Level 3.
- Hazard perception and strategy to deal with hazards – these differ greatly from quiet roads to far busier roads with more complex road features.
- An understanding of route planning – helping individuals work out the best route for their journey which is still safe but maybe quicker.
- How to use roundabouts, how to use junctions controlled by traffic lights, how to use multi-lane roads and turn off or into them (optional depending on availability).
- An understanding of filtering and an ability to decide when to filter and when to wait – this is optional and dependent on there being suitable roads to train on.
- How to use both on and off road cycle facilities – this is optional and dependent on there being suitable cycle facilities to train on.



Further Information

If you would like to discuss Bikeability Level 3 for your school please contact the road safety team at Hampshire County Council. Aaron Gallimore is the Senior Road Safety Officer leading on Bikeability and is full of information, ready to address your school's cycling needs!



Contact us

Please contact us for further information on any of the above subjects or additional road safety matters.

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