

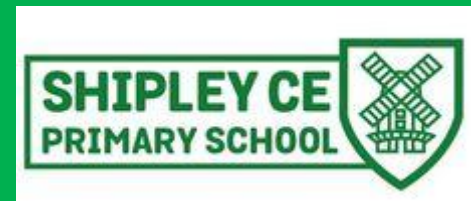
CASE STUDY

School: Shipley CE Primary School

Focus: Wheels Programme

PE Coordinator: Jen Harvey

shipleyceprimary.com



Shipley CE Primary School

Shipley is a small Church of England village primary school, set in beautiful countryside surrounded by the Knepp Estate in Horsham. It has four classes and approximately 80 pupils on roll.

Shipley's Headteacher is Jen Harvey who joined the school in 2016 and jointly leads PE. Jen is very keen to emphasise however that, being such a small school means that a whole school commitment to PE, sport and physical activity is required to make it work.

School Values and Vision

The school aims to be at the heart of its community and has 6 Christian values at its core: respect, truthfulness, compassion, generosity, perseverance and thankfulness. Through these values, the school strives to ensure that each child becomes a motivated, lifelong learner and unlocks their God-given potential, coping with success and challenge and persevering with determination.

One way the school is looking to ensure this vision is reached, is through promoting being active and developing opportunities to take part in physical activity both within and beyond the school day. This case study will look at just one way the school is doing this through its 'wheels programme' that includes cycling, scooting and skating/skateboarding.

Intent

The school's wheels programme was established when it was realised that some pupils were leaving the school in year 6 unable to ride a bike.

The school made it their ambition that every pupil had the opportunity to develop the skills to ride a bike through school provision, as they saw this as an important life skill and one that will remain into adult life and beyond. It was a long term investment to ensuring their pupils had the skills to access physical activity for life.

Cycling, scooting and skating/skateboarding, the three activities that made up the wheels programme, were also seen as alternative activities that could attract some of the less active, hard to reach pupils at the school.

Implementation

The programme began with a festival in 2017. The festival was an opportunity to showcase how much fun could be had with this type of activity and create enthusiasm for the project amongst pupils, parents and the wider school community.



Pete Mitchell, Paralympian cyclist, 6 times World Champion and Olympic silver medallist, visited the school for a day of talks and a whole school cycle or scooter, involving parents and staff too. Pete, who started his cycling career in Sussex, was booked through [Black Line Coaching](#) and provided inspiration for pupils and staff. [British Cycling South East](#) also supported the event.

Following the festival, the school established a year-round after-school club where pupils have the opportunity to practice their cycling, scooting or skating/skateboarding skills. This club is open to the

whole school, however attendance was targeted at pupils who hadn't previously taken part in an extra-curricular club or hadn't been involved with the school's team sport opportunities.

The club is run by the Headteacher, two teaching assistants, a coach and a member of the school's PTA who

collectively ensure that the club runs without fail for the entirety of the year. British Cycling Go-Ride delivered some of the in-school sessions, designed to build pupils bike handling skills.

In addition to the club, a learn-to-ride intervention was established focussing specifically on those pupils who were unable to ride a bike. This programme is delivered free of charge to pupils, within school time. The school has used the PE and Sport Premium to purchase a school set of bikes to ensure everyone has the opportunity to participate and benefit.

The intervention is run by Jen and a keen cyclist TA who was previously involved with Horsham Youth Cycling club. They use their existing experience to deliver this programme and ensure its impact.

The school held a larger scale festival in 2021 which also included a competitive element consisting of a circular cycle course, with off-site, off-road sections. The road directly outside of the school was closed to support this. There was also a scooter course established within the school grounds with fun obstacles such as tunnels and ramps.

Children in EYFS and KS1 have their own scooters and trikes and are planning to build a new cycle track in their playground. Pupils at this early age also learn the health and safety aspects of this type of activity, they have to learn to use the brakes, follow a one way route and helmets are compulsory.

To complete the programme, Monday and Friday lunchtimes



are now dedicated 'wheel playtimes' where pupils have the option to cycle, skate or scoot within the school grounds, either using their own equipment from home or using the school's set. The school also fully funds the [Bikeability](#) programme for its year 6 pupils to ensure it can be accessed by every child.

Impact

The wheels festival has now become an eagerly anticipated annual event and has gained support from a number of members of the local community.

A local student has offered free bike maintenance support as part of his Duke of Edinburgh award, along with a local mechanic. Local cycle clubs have offered free coaching and a number of parents now support the event with marshalling, riding with less confident pupils, setting up the course and providing refreshments. [Tic Tac skate school](#) have provided coaching and are planning a new after school club for budding skateboarders. The school have even entered a mountain bike team at an event in Brighton.

Currently 25% of pupils regularly attend the weekly extra-curricular club which now always runs at capacity. The club has been extremely effective at reaching less active pupils at the school including GRT pupils.

The club has allowed staff, including the Headteacher, to build stronger relationships with targeted pupils which, in turn,



has led to better behaviour from them throughout the school day.

The school is now seen as a local cycling hub. There are often pre-owned bicycles traded, given away or sold in the school playground, to help ensure every pupil can continue to cycle outside of school too.

The school has now achieved its long term aim for this programme and can boast that 100% of its year 6 pupils successfully pass [Bikeability](#) (level 2) each year. The school has also ensured that disabled and SEND pupils can access the programme by providing preparation support before the course and by securing the use of a tandem.

Useful resources to develop cycling further at your school:

[HSBC UK Ready Set Ride](#)

[British Cycling: Cycling for Schools](#)

[Balanceability - Bikeability](#)

[School Streets](#)

[Sustans Big Walk & Wheel 2022](#)