

# CYCLING FOR TEENAGERS

FUNDED BY THE BIKEABILITY TRUST - GETTING MORE  
KIDS CYCLING, MORE OFTEN.



**FULLY FUNDED  
PACKAGE FOR  
YOUR SCHOOL**

## FULLY FUNDED SUPPORT - AVAILABLE NOW!

**The Bikeability Trust recently awarded RideWise a grant to help get more teenagers cycling in six schools in Nottingham.**

We're now reaching out to schools who could use this programme. We're able to support six schools with an incredible cycling support package. We'll tailor our support to you and your school. And, the outcomes will feed into a national programme to find new ways to engage young people in cycling.

Examples of opportunities include Cycling PE lessons, supporting your own PE teams through lesson plans, fully qualified cycling instructor sessional delivery and bikes. Cycle confidence sessions, cycle games, free loan of bikes, supported cycle rides off site, route planning and Build a Bike workshops, where students build and then keep their own bike.

### GET INVOLVED

email us at [customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk)  
phone us on 0115 955 22 88

# WAYS WE CAN SUPPORT YOU

There are lots of ways we could support your school. Here are a few of them.



**SCHOOL ASSEMBLIES -  
DISCUSSING CYCLING,  
ROAD SAFETY OR  
GETTING TO SCHOOL  
SAFELY**

**IMPROVING USE OF  
ROADS AND SAFER  
CYCLING WITHIN  
NEIGHBOURHOODS**



**GIRLS BIKE CLUBS  
GETTING MORE GIRLS  
CYCLING IN YOUR SCHOOL**



**BRINGING BIKES AND  
QUALIFIED INSTRUCTORS  
INTO SCHOOLS FOR PE  
SESSIONS, ENRICHMENT  
CLASSES OR ONE TO ONE  
SUPPORT**



**BUILD A BIKE WORKSHOPS  
FOR YOUNG PEOPLE  
WITHOUT A BIKE,  
ENABLING THEM TO BUILD  
THEIR BIKE AND KEEP IT**



**Other options:**

**After school clubs**

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**One to One support for  
students who can't cycle**

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**Classroom based  
workshops**

-

**Road safety support**

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**Circular cycle rides, to  
key local destinations**

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**Cycle games**

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**Support for non-cyclists**

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**Improver support for  
developing cyclists**

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**Confidence support for  
independent travel**

**FULLY FUNDED - FREE**

**RIDEWISE**