



Cycle, walk and scoot to school like a pro

Family guide to a hassle-free
school run

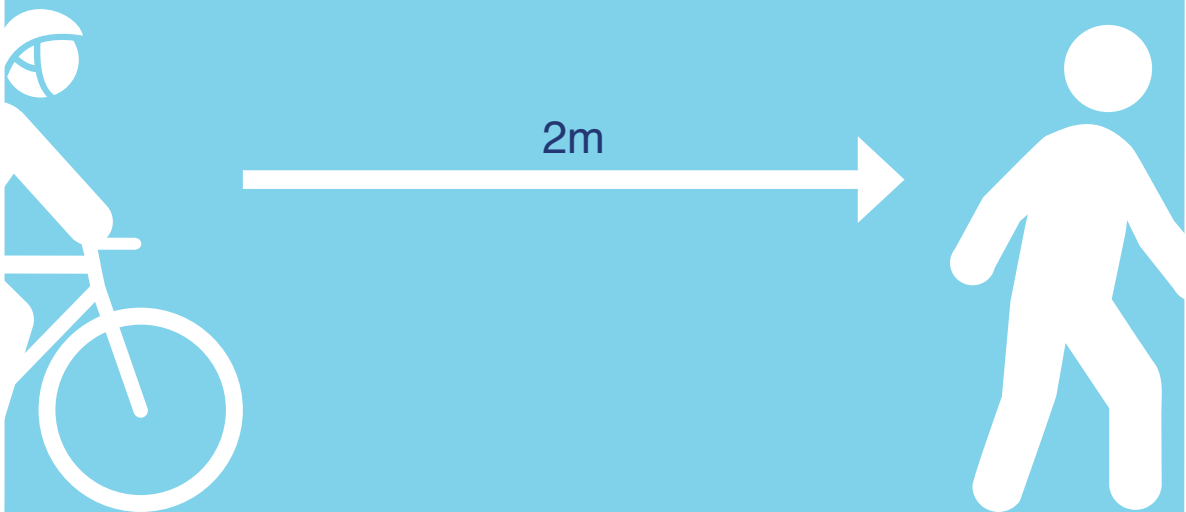
Spring 2021



STAY SAFE AND HEALTHY

Make sure you follow local coronavirus guidance and maintain social distancing.

This means staying two metres apart from anyone not in your household or support bubble.





FOREWORD

“Cycling, scooting and walking is a fantastic way to get to school and it keeps you fit and healthy. It also helps to reduce air pollution and congestion around the school gates.”

Angellica Bell

British TV and radio presenter, and cycling advocate

MENU

Tap on the section below or scroll

THE SERIOUS STUFF

Why get started



Get going

- Check your child's bike in 5 easy steps
- Check your kid's scooter in 7 easy steps
- Teaching your child to ride without stabilisers



How to do it

- How to cycle to school with children
- Micro-tips for scooting to school
- Safety tips for parents walking to school
- More walking tips for the school run



THE FUN STUFF

Fuel your journey



Games & challenges



Your school trip-ometer



A man with a beard and a grey sweater is standing next to a young boy in a blue puffer jacket. The boy is holding a black scooter with 'm-cro' written on it. They are in a paved area with yellow markings, possibly a parking lot or a playground. In the background, there are buildings and a fence.

WHY GET STARTED



Benefits of cycling, walking or scooting to school

An active school run brings so many benefits. Here are our top six.

1

Build activity into the family's daily routine

It'll help you meet government guidelines which recommend young people aged 5 to 18 get at least 60 minutes of physical activity every day.

2

Boost your mental health and wellbeing

According to the Mental Health Foundation, physical activity increases mental alertness and helps reduce stress and anxiety.

3

Fewer cars means cleaner air

You experience five times higher pollution levels in a car than on a bike, and three and a half times more than those walking.



4

Increase road safety awareness early and boost independence

Cycling, walking or scooting to school has long-lasting benefits, developing independent travel and creating good habits for an active adult life.

5

Save a small fortune

Not only will you be forking out less on petrol, you might also save money on gym fees, leaving you with more cash in your pocket.

6

Arrive feeling ready to start the day

Teachers find that pupils who walk and cycle arrive at school more relaxed and alert than those who travel by car.

There are loads more reasons why cycling, walking or scooting to school does wonders for the whole family. Want to find out more?

Head to the Sustrans website





GET GOING

Check your child's bike in 5
easy steps



Check your child's bike in 5 easy steps

So you're all geared up and ready to cycle the school run. But are your bikes ready to take you there too?

Caring for your child's bicycle will make sure it works better and lasts longer. Carrying out just a few simple checks will help the whole family to enjoy hassle-free riding and avoid repairs along your journey.

So get started by following the **ABCDE** check – it's just five easy steps to ensure your child's bike is raring to go. And better still you can get the kids involved too!

What you will need:

- Bike pump
- Adjustable spanner
- Set of allen keys (also known as a hex or zeta key)

Get going

Check your child's bike in 5 easy steps

MENU



A

Air

Give both tyres a good squeeze. If they don't feel firm, give them a quick pump up.

B

Brakes

Squeeze the front brake and push forward, and do the same with the back brake whilst pushing backwards. If the wheels rotate, tighten up the brakes.

C

Chain

Use your hand to pedal backwards and check that the chain moves smoothly and quietly. Make sure it's clean and oiled.

D

Drop

Lift the bike slightly off the ground, drop it carefully and listen out for any rattling coming from the wheel. If you hear anything, check the spokes are of equal tension and the wheel is secure. Remember to check that any wheel quick releases are in the closed position.

E

Examine

Give the handlebars and saddle a once over and make sure they don't move. Grip them both one at a time, give them a wiggle and check they are firm and stay in place.



Want to give yours and your child's bikes a really thorough check?

Watch our handy video which guides you through the 11-step M check





GET GOING

Check your kid's scooter in 7
easy steps



Check your kid's scooter in 7 easy steps

Scooting is a brilliant way for anyone of any age to get about. It's a fun, healthy, environmentally friendly and inexpensive alternative, and will help get your child moving on the school run.

But just like a bike, your child's scooter needs some TLC too.

So get started by following the L check – it's just seven quick checks to ensure your kid's scooter is raring to go.

What you will need:

- 5mm hex/ allen key
- Pair of headset spanners
- Small adjustable spanner for smaller scooters

Get going

Check your kid's scooter in 7 easy steps

MENU



- 1** Check the grips are in good condition and the bar ends are secure
- 2** For folding scooters, make sure the adjustable handlebars are waist high and clamped tightly shut
- 3** Ensure the clamps connecting the handlebars to the headset are tight and don't rock back and forth
- 4** If there is a folding mechanism, check it is fully locked in the riding position and tighten any loose bolts
- 5** Take a look at the grip tape and replace it if it has worn down
- 6** Check the brakes work and secure the bolts attached to them
- 7** Make sure the wheels spin freely and are attached securely.



Check yours and your child's scooter is safe to ride

This handy video will guide you through the
7 step L-check





GET GOING

Teaching your child to ride
without stabilisers



Teaching your child to ride without stabilisers

Learning to ride a bike for the first time is exciting and exhilarating, and certainly something we never forget.

It's an achievement that will help build confidence and a natural sense of adventure, not to mention being a great photo opportunity for the family album.

But where do you get started with teaching your child to ride a bike without stabilisers? Well we've put together a nine-step guide to walk you through this memory-making moment.

What you will need:

- A bike without stabilisers per child
- A spanner to remove and replace the pedals. Remember to label left and right!
- A camera or smartphone to capture this precious moment.



1

Lower the seat and remove the pedals

Whilst your child scoots along with their feet, tell them about the brakes and how they work.

2

Giant steps

When they're ready, encourage them forwards for about 10 metres using giant steps.

3

Kangaroo hops

Encourage them forwards for about 10 metres using kangaroo hops.

4

Put one pedal back on

Once they're steady, put one of the pedals – left or right – back on.

5

One pedal scoot

With one foot on the pedal encourage your child to scoot forwards using the other foot.



6

Both pedals on

Put the other pedal on and show that the bike is safe by getting them to wiggle with the brakes on.

7

First go

Hold your child – not the bike – and get them to put their feet on the pedals. When ready, encourage them to look up, let go of their brakes and pedal. Walk forwards and slowly release your grip.

8

Second go

Repeat steps six and seven, but this time let go after a few steps. Step further back to exaggerate the distance they have travelled alone and shout ‘stop’ after 5-10 metres.

9

Third go

This time, reduce contact with your child by gripping their clothes with one hand and holding the bike handlebars with the other. Repeat the steps as before, releasing them after only a few paces and letting them ride for as long as they wish.



Lose the stabilisers

Check out our great 9-step video guide that takes you through exactly how to teach your child to ride a bike without stabilisers.





HOW TO DO IT

How to cycle to school
with children



How to cycle to school with children

Once your child is confident on their bike, getting them used to cycling on roads will help them to develop in many other ways. Not only will they gain a sense of freedom and independence, it will also improve their confidence and fitness.

Teaching your child about road safety will have you all enjoying the freedom of cycling to school in no time.





Follow our 7 simple tips for safe and happy cycling

1

Make sure your child's bicycle fits and that all your bikes are roadworthy

2

If you're on the road with children, take up a position behind them so you can keep them in your line of vision at all times

3

If there are two adults in your group, it's a good idea to have one at the back and one out in front

4

Be sure to follow the Highway Code and teach it to your children along the way

5

Get your child to signal clearly with you



6

Always ensure that you all ride in a position where you can see and be seen.

7

Teach your kids to make eye contact with other road users, especially at junctions, so they know they've been seen.

Find loads more tips and guidance on cycle safety for kids on the Sustrans website.

Take me to the Sustrans website





HOW TO DO IT

Micro-tips for scooting to school



Micro-tips for scooting to school

Scooting is a fun and active way to beat the traffic when heading to and from school.

Not only is it great exercise which will get your child's heart rate up, it's also a form of low impact toning which their legs will love.

So to help get you started with scooting the school run, we've teamed up with Micro Scooters to get their micro-tips for a smooth and safe scoot to school.





5 micro-tips for a smooth and safe scoot to school

1

Before you set off

Make sure your child has all the right gear including suitable storage, sensible footwear, a helmet, lights and a bell.

2

Never scoot on the road

Small scooter wheels can catch on drain covers and pot holes so stick to the pavements and away from traffic.

3

Stop, look, listen

Always ensure that your child comes to a complete stop at kerbs and crossings.

4

Know when to stop

Keep track of your child's speed and if in doubt, ask them to use their brakes and slow down.



5

Be an A+ Rider

Make sure you all travel at a sensible speed and don't ride too close to pedestrians.

For more scooting tips and tricks head to the **Micro Scooters website**

Take me to the Micro Scooters website 





HOW TO DO IT

Safety tips for parents walking to school



Top six safety tips for parents walking to school

Ready to walk the walk to school? Well we've got you covered. We've teamed up with road awareness experts RAFT to get their top six safety tips to follow when walking to school with young ones.



RAFT

ROAD AWARENESS FOR TODDLERS



1

Hold hands when approaching the road

Be sure to hold your child's hand in good time as you approach the road, and be mindful of driveways. If you have two children with you, remember reins or buggyboards can be particularly useful depending on their age.

2

Talk about how to cross roads safely

It's best to do this when you're not in a rush. Take time to point out what a kerb is and where to stop, then look both ways – keep looking in both directions whilst crossing too – and listen for different types of traffic (be mindful of electric cars which are near silent).

3

Discuss safe places to cross

Always try to use zebra crossings, pelican crossings or islands wherever possible. Remember to tell children that they need to wait until the vehicles stop for them before they cross the road.

4

Use clear and direct words

It's important to use clear and directive language with children near roads. Never say 'ok' when it's safe to cross, instead say 'it's safe to cross now'.



5

Talk about traffic

Explain that traffic can be dangerous and hurt us – if we come into contact with a vehicle we won't bounce back like you would in a computer game. A good way to do this can be through road safety books you can find in your local library.

6

Be seen

This is especially important on dull days or darker nights. Use fluorescent and reflective clothing, or brightly coloured coats with reflective material already on them. Your child could decorate their book bag or lunch box with fluorescent and reflective stickers too.

For more road awareness tips for little ones, check out the RAFT website

Take me to the RAFT website



Follow RAFT on social media





HOW TO DO IT

More walking tips for the school run



More walking tips for the school run

Walking to and from school is an easy way to get in some exercise and spend quality time with your family. It gives you time to chat, bond and really explore your local area.

So here's a few extra things you can do to help you and your family to walk the walk.





1

Make sure your shoes are made for walking

Wear comfy shoes, or wear trainers and take your kids' school shoes in your bag to change into. Make sure your child's bag isn't too heavy to carry too.

2

Get down to their level

Bend down to their eye level to get an idea of what they can and can't see.

3

Let them take the lead

In quiet areas, gradually allow your children to practise making decisions about where and when to cross roads.

4

Avoid air pollution

Try to find quiet back roads away from traffic and wait a few steps back from crossings where the air is a little cleaner. Walking with a pram or buggy? Pram covers can help to stop young children being heavily exposed to air pollution.



FUEL YOUR JOURNEY

With Angellica Bell



YUM!

BUTTERNUT SQUASH AND SWEET POTATO FRITTERS



YUM!



Recipe

Need a tasty snack to refuel after your journey home from school? Then give these tasty fritters a go from British TV and radio presenter, Angellica Bell's recipe book 'FANTASTIC EATS! and how to cook them'.

Serves 4

Ingredients

- 340g (2 cups) grated butternut squash
- 340g (2 cups) grated sweet potatoes
- 1 small onion
- 2 large eggs
- 90g ($\frac{2}{3}$ cup) plain (all-purpose) flour
- teaspoon baking powder
- teaspoon garlic powder
- teaspoon dried thyme
- a few sage leaves, finely chopped (or 1 teaspoon dried sage)
- pinch of grated nutmeg
- teaspoon salt
- pinch of black pepper
- olive oil, for frying

To serve

- sour cream
- a few chives, finely chopped
- fresh salad



Method

- 1** Peel the squash, sweet potatoes and onion, then grate each of them using the large holes of a box grater – look after your fingers, you don't want to include them in the meal! Put the grated veg into a large bowl.
- 2** Break the eggs into a small bowl and whisk lightly with a fork. Add them to the grated veg along with all the other ingredients, except the oil, and give everything a good mix with a wooden spoon. If the mixture is too runny (egg sizes can differ) just add a little bit more flour. You don't want the consistency to be too thick either – just right so that the fritters hold their shape in the frying pan.





3

Heat a drizzle of olive oil in a frying pan over a medium heat. Once the oil is hot, scoop about 3 tablespoons of the mixture per fritter into the pan and press it down gently with a spatula. Keep the heat moderate so the fritter cooks all the way through and oil doesn't splutter everywhere – please be careful! Let the fritter cook for about 2–3 minutes until it browns nicely. Using a spatula, carefully flip the fritter over to cook on the other side for another few minutes.

4

Pop some kitchen paper on a large plate then place the cooked fritter on top. Repeat the cooking process, adding more oil to the frying pan if it dries out, until all of your fritter mixture has been used.

5

Serve your squash and sweet potato fritters topped with a dollop of sour cream and some chopped chives, with a fresh salad.

Find more recipes like this in Angellica Bell's recipe book 'FANTASTIC EATS! and how to cook them' (Quadrille, £15.00)

Get Angellica's new cook book





GAMES AND CHALLENGES

Fun games to play on the
school run



Fun games to play on the school run

Walking, cycling or scooting to school is great for getting your family's blood pumping, but it's also the perfect time to wake up your brains ready for the day ahead.

We've put together a bunch of fun and easy games to play with your kids on the school run.

So get those legs moving and those brains working!

[**I spy**](#)[**Scavenger hunt**](#)[**Spelling bee**](#)[**Categories**](#)[**Wildlife bingo**](#)



I spy

‘I spy’ is a simple and satisfying game to play on the way to and from school.

The spy picks something they spot along your journey, gives the first letter, and you take turns to guess the item they chose. Swap when you guess the item correctly.

Make the game more difficult by choosing themes – things that are red, modes of transport, animals, items of clothing.





Scavenger hunt

Everybody loves exploring and discovering, so why not combine a scavenger hunt with your school run?

Create a short list of things your children need to look for on the journey and get them to tick off each item they see. The person with the most spotted by the time you get to school, wins!

We've got two lists below to get you started

List one	List two
Someone walking a dog	A squirrel
Something red	Something blue
A bird in a tree	A cloud in the shape of an animal
A tree that's taller than you	Two insects that have wings
Three different coloured flowers	Something that's fallen from a tree



Scavenger hunt

Feeling creative? Come up with your own list and print this page to record how many items you spot.

Items to spot	Who spotted them?	How many were spotted	Total
Item eg A red car	Harry	### ### //	12
	Jasmin	### /### ###	15
Item one			
Item two			
Item three			
Item four			
Item five			



Spelling bee

The school run is the ideal time for your child to practise their spelling. One by one, say a word and ask your child to spell it out loud.

Add an extra letter to the words for every five they spell correctly to really get them to put their thinking caps on. Start off with three letter words, then four letters, then five and so on.

For that extra competitive flare, why not challenge your child to beat their record each day you play?





Categories

This game involves thinking on your feet and will keep your kids entertained for hours.

Think of a category, and take turns to name different things that relate to that category. Each player has to name something new each turn, and if they can't think of anything they're out. The winner is the last person left in the round!

Here's some category ideas to get you started:

- Flowers
- Colours
- Animals
- Things you see in the sky
- Vegetables
- Sweets and chocolate bars
- Things you take to the beach
- Countries
- Things you can do at the park
- Musical instruments



Spring wildlife bingo

Spring has sprung, and there are loads of animals, insects and interesting plants to be spotted when you're on the school run. Can you get a full house?

Daffodils



Bumblebees



Singing birds



Bluebells



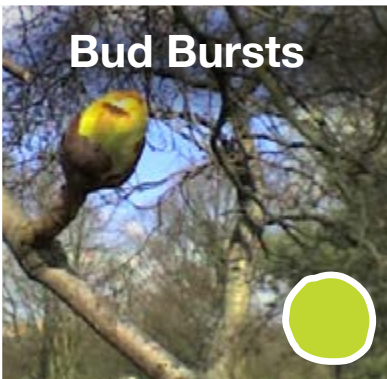
Cherry Blossom



Elderflowers



Bud Bursts



Catkins



Butterflies





Summer wildlife bingo

In summertime, plants are growing and bursting with life and animals are out and about too. So put on some sunscreen and explore the wildlife in your area as you head to school. First one to collect all nine wins!





Autumn wildlife bingo

The leaves on the trees are starting to change colour and animals are gearing up for the winter. So make the most of all that this time of year has to offer and see what you can find on your way to school. Can you tick off all of these autumnal delights?

Colourful leaves



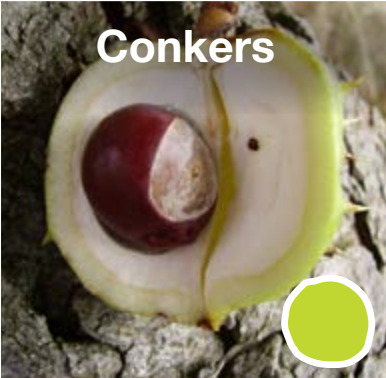
Acorns



Pine cones



Conkers



Spiders



Swallows



Blackberries



Sloes



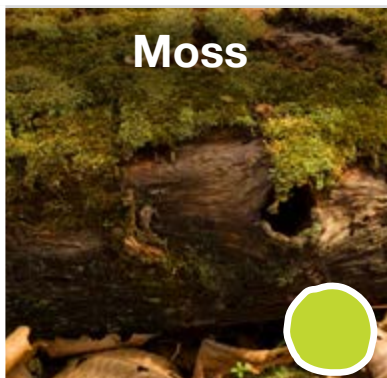
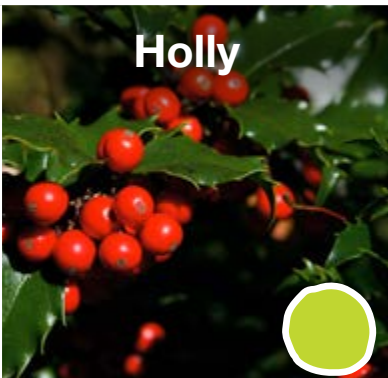
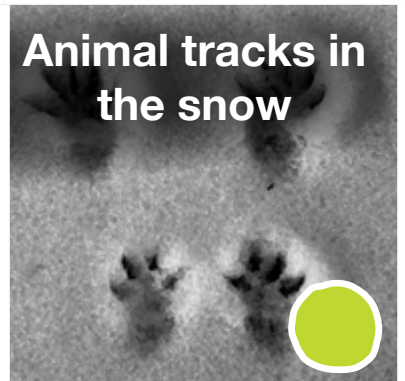
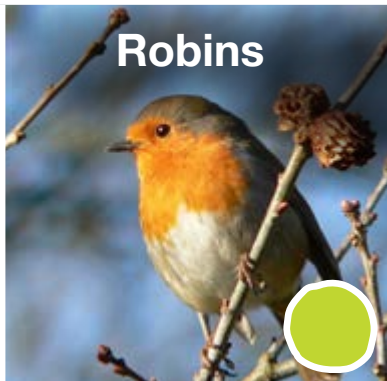
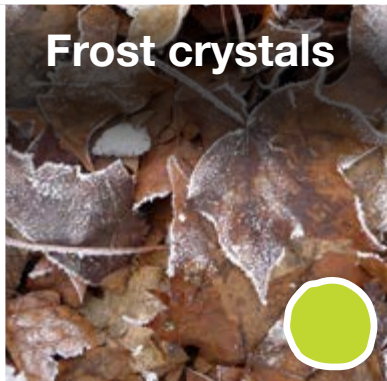
Fungi





Winter wildlife bingo

Winter has arrived and lots of animals are sleeping underground. However, there's still lots of wonderful wildlife to see on your way to school. So wrap up warm and get spotting your local furry and feathered friends. Did you see them all?





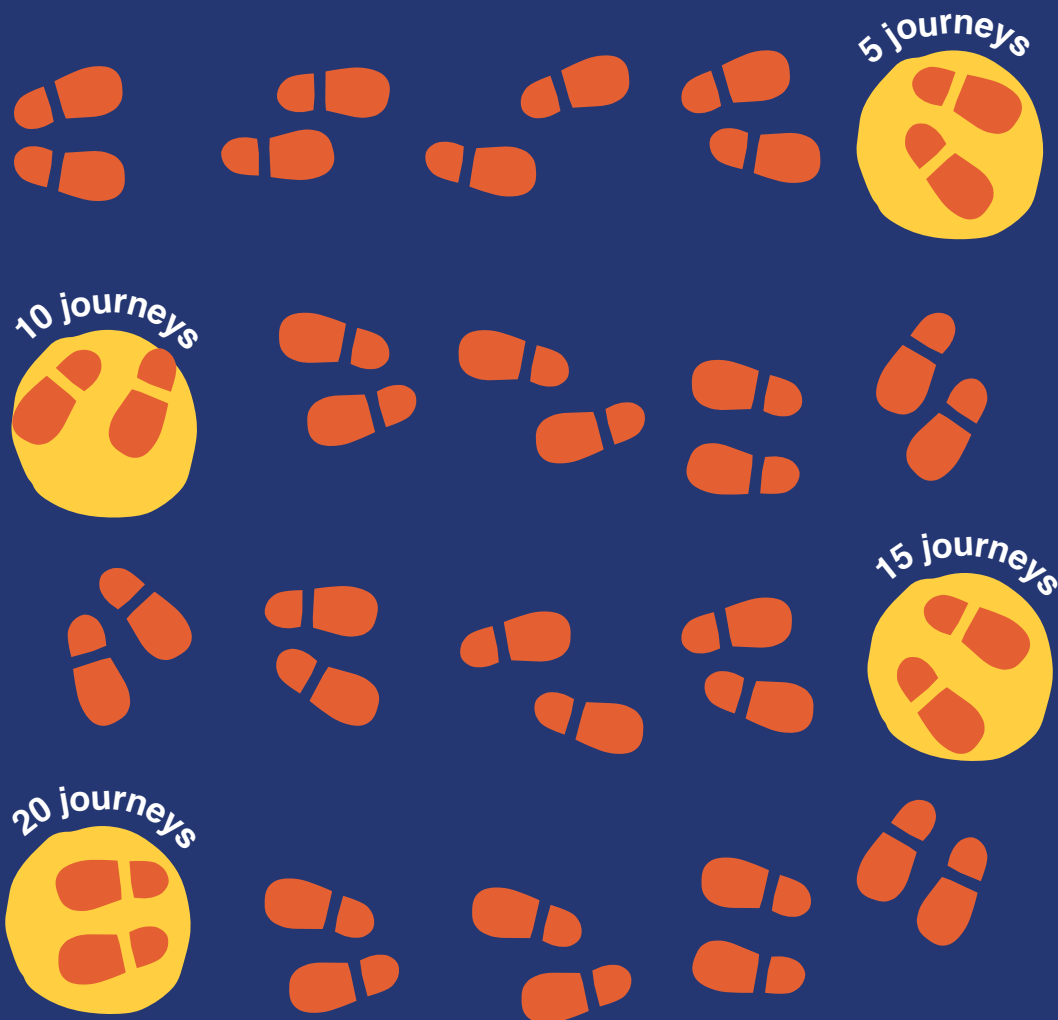
YOUR SCHOOL TRIP-OMETER



Your school trip-ometer

Use this trip-ometer to count up your active journeys to school.

Download a special certificate for every five journeys that you do together. Can you complete all 20? Click on the yellow markers to download and print each certificate. For added fun, invent your own incentives to treat the family every time you cycle, walk or scoot to school.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Find out more at
www.sustrans.org.uk

Follow us on Social media



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