



Sustrans Big Pedal is back - 19 to 30 April 2021

Sustrans Big Pedal is the UK's largest inter-school cycling, walking, wheeling and scooting challenge.

Schools compete to see who can record the greatest number of pupils, staff and parents making active journeys to school. The challenge will run from **19 to 30 April**. It is free to enter and there are daily prizes to be won.

With the coronavirus pandemic and subsequent lockdowns resulting in many spending more time at home, Sustrans Big Pedal 2021 is adapting to become more flexible, and pupils will be able to take part in the competition and supporting activities whether they are travelling to school or learning at home.

To support schools throughout Big Pedal, there's a range of free resources available.

These include:

- Daily lesson plans suitable for the classroom and remote learning
- Daily physical activity challenges
- A school account on the Big Pedal website
- Resources to help schools communicate with families

We also provide registered promoters with access to schools leaderboards and the tools to set their own challenges and provide additional incentives.

The competition, which has now been running for 11 years, is fronted by Dame Sarah Storey, British Paralympian and 38-time world champion in cycling and swimming.

The theme of this year's competition, 'Amazing Journeys', will encourage pupils to see their local areas from a different perspective, learn about the benefits of active travel and discover amazing journeys to school from around the world.

Further information about the event can be found at: www.bigpedal.org.uk



The Big Pedal is a Sustrans project. 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. Join us on our journey. www.sustrans.org.uk

Follow us: We're on [Twitter](#), [LinkedIn](#), [Facebook](#) and [Instagram](#)

Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263). © Sustrans 2021

We need your support

It's more important now than ever to travel actively. Active travel is great for children's physical health and mental wellbeing and helps to reduce congestion and air pollution outside the school gate.

An active journey to school can help children achieve the 60 minutes of moderate to vigorous physical activity a day recommended by the UK's Chief Medical Officers. The Department for Education have said encouraging active travel helps "to enable pupils to be physically active while encouraging physical distancing."

Comment, share it, using the hashtag: #BigPedal

Let everybody know about the event. To make it easy for you we have provided the following suggested tweets:

Sustrans #BigPedal, the UK's biggest #cycling #walking #wheeling and #scooting competition is back for 2021. This year is extra flexible with pupils able to compete regardless of if they are learning at school or at home. Schools registration is now open: bigpedal.org.uk

We encourage schools to take part in @sustrans #BigPedal. Get the kids active as many days as possible from 19 to 30 April and help the school win great prizes! This year children can compete from school or remotely. School registration is now open at bigpedal.org.uk

Children keep active and help their school win prizes in @Sustrans #BigPedal, the UK's biggest active travel to school competition. It is back from 19 to 30 April and this year children can compete whether they are learning from home or from school. bigpedal.org.uk

We have also included social media assets, photos, logos and an info sheet for schools explaining what is Big Pedal. The assets can be found here:

[Logos and banners](#)

[Social assets](#)

[Big Pedal information sheet](#)

If you have questions about the event or need anything else to support it, email bigpedal@sustrans.org.uk

Many thanks for your support,

Sustrans Big Pedal team



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