Bike week Challenge 2026

Bike Week Family Challenge – Additional Evidence (TfL STARS)

1. Impact and Participation

The **Bike Week Family Challenge** saw strong participation across the school, with many pupils completing the challenge activities with their families throughout the week. Pupils were enthusiastic about sharing photographs and discussing their cycling experiences in class.

The initiative encouraged children to **ride their bikes more frequently**, both during Bike Week and beyond, helping to build positive habits around **active travel and physical activity**. Several pupils reported choosing to cycle or ride scooters more often for local journeys and weekend activities.

The challenge also raised awareness among families about the importance of **safe cycling, bike maintenance, and the environmental benefits of choosing cycling over car travel** for short journeys.

---

2. Pupil Voice

Pupil feedback demonstrated increased enthusiasm for cycling and active travel:

- *"I rode my bike every day with my dad. I learned how to check my tyres before riding."* – Year 3 pupil
- *"I liked making the obstacle course because it helped me practise stopping safely."* – Year 2 pupil
- *"Cycling is good because it keeps us healthy and helps the planet."* – Year 4 pupil
- *"My family went on a bike ride in the park. It was fun and we saw lots of nature."* – Year 1 pupil

These reflections show that pupils developed a stronger understanding of **cycling skills, road safety, and the environmental benefits of active travel**.

---

3. Links to Wider School Initiatives

The Bike Week Family Challenge formed part of the school's **wider commitment to active travel and sustainable transport**, supporting the aims of the **TfL STARS programme**.

The activity links with other school initiatives, including:

- **Walk to School and Active Travel promotion**
- **Air Quality awareness activities**
- **Road Safety education**
- **Healthy lifestyles and physical activity promotion**

By engaging both pupils and families, the challenge helped to reinforce the school's message about **reducing car journeys, improving local air quality, and encouraging healthier and more sustainable travel choices**.

Overall, the Bike Week Family Challenge contributed to **increasing cycling participation, improving cycling confidence, and promoting safe and sustainable travel behaviours across the school community**.