

Sustrans Sessions

We have been very lucky to receive cycle skills input from Danny at Sustrans. The children have been working very hard on their cycle skills and managed to pass their tests with flying colours.

“We had to go down to the end of the pitch and we had to cycle as fast as we could then do an emergency stop. You weren’t allowed to come off your bike or skid” – Grace

“I liked the test because at first I was a little bit nervous because I was thinking I wasn’t going to get through it but once I started I found it quite easy” – Marcus

“I enjoyed doing the test because after we had finished the test we got to play some games” - Katie

“At first we went round in circles for a warm up then we played a game where Lewis said a colour and we had to cycle to that colour the quickest. If you were last in you were out”. Louis

We took part in a special Pedal Cinema session which was also organised by Sustrans. The children took turns to cycle whilst the others enjoyed watching a series of short clips.

“When you were on the bikes they got quite tiring because you had to keep going” Abigail

“It was quite interesting to hear how the bikes made the film keep going. The dances were also fun” Ashton

“It was sort of embarrassing if you got too tired and had to stop because then the music would stop. I managed to keep going” – Lewis M

