



THIS GIRL CAN – Bike It! You Can Too!

Programme 2019

The THIS GIRL CAN – BIKE IT! YOU CAN TOO! Programme is in partnership with Lambeth Council and Sport England, and was delivered by two experienced instructors from a company called Sustrans. This campaign targeted girls who never learnt to ride a bike, or who have not cycled since childhood and lacked the confidence to ride again.

A total of 13 year 9 girls at Platanos College were offered the opportunity to learn to ride a bicycle as part of their PE curriculum and was extended into an after school club until 4.30pm on Mondays. The 10 week course covered basic balancing and cycling skills, bike safety checks, basic cycle maintenance, route planning, road cycling skills and awareness as well as advice for cycling with family and friends.

After the 10 weeks of cycling sessions in the playground, in parks and on the quiet roads around Lambeth, in both sunshine and rain, the Bike It You Can Too course at Platanos College came to an end. Working with year 9 girls who were previously unable to ride, the course culminated in several successful rides around Stockwell and through the local parks. Several girls were unsure if they would ever be able to ride, but trepidation soon turned to confidence and the level of progress made by the group was fantastic.

THIS GIRL CAN – BIKE IT! YOU CAN TOO! Campaign has helped to cultivate a culture of fitness and cycling at Platanos College and our PE Department is looking forward to delivering further bike ability sessions later this year.

The girls valued the amazing experience and displayed renewed confidence and ability. They have expressed appreciation for the course and have developed an 'I can do attitude' going forward and bike riding for pleasure. Moreover, cycling as a mode of transport which does not harm our environment is a welcome bonus.

Bike It! You Can too!



Confidence building and progress!



From the back of the playground.....



to around the playground.....



.....to pathways.....



and onto the roads...



Pupil Voice

I enjoyed the bike project because it was fun and we learnt a lot of useful tips on how to ride a bike, I knew how to ride a bike but I had not rode a bike since I was 8 years, almost 5 years ago and I lost a lot of my confidence. The instructors help gain back my confidence by getting me to do lots of different drills like riding between cones, ride in a straight line and how to use the brakes properly. This all help me to improve my riding skills and regain my confidence. It was very scary riding on the road because I have never done it before and I had no experience of how to ride with cars passing me by. The instructors improve my knowledge of how to keep in control and calm while riding on the road, by positioning myself properly in traffic and using the right hand signals. I was very scared and anxious at first each time I rode, especially in the parks and after going through the safety elements of riding on the road and actually doing so with the instructors and with Mr Klassen, I was able to be in control of what I was doing. This 10 weeks bike it you can opportunity was an excellent experience and the school should extend this opportunity to other members of the school. Our instructors Rob and Joe were very helpful, patient and kind.

Devika 9H

At first I thought that riding a bike would be easy because so many people ride bikes everyday but was wrong. I found it difficult to balance the bike and I was scared of falling off and hurting myself. The instructors, Joe and Rob helped me to overcome this by putting me on a smaller bike which gave me more confidence. I really did not believe in myself and to begin with I did fall off a couple of times and I didn't want to go back on the bike. Each time this happen the Rob would explain what I did wrong and how to correct myself to prevent me from falling again. Rob and Joe was very kind. Even though I didn't believe in myself they help me to believe that I could do it. Eventually riding in the playground became easier and fun and even riding in the park too. When it came to riding on the road I was really scared because if I did something wrong I could be knocked over. Rob and Joe carefully explained that we had all learnt how to handle the bike properly and had the skills to be able to ride safely on the road and the fact that they would be both riding with us and Mr Klassen too reassured me that I would be fine. I am very proud of myself and my other classmates who work hard to complete the 10 weeks course. It was scary but very rewarding. I can now go out and have fun riding with my friends and I now that I can now ride safely on the roads.

Shoniah 9E

Pupil Voice

At the start of the 10 weeks bike sessions, I could not ride a bike at all but now I know how to ride.. I am confident to ride on the road and can use different skills to ensure that I keep myself safe from other road users. Joe and Rob were very helpful and I thank them for boosting my confidence and improving my ability to ride a bike.

Yasmin 9W

My name is Christians and I participated in the Bike It! You Can too 10 weeks biking sessions. It was a very good experience for me, as I learnt how to ride a bike correctly and safely on the roads. It was great learning to ride with my friends some of them had never been on a bike before. My favourite thing was learning to ride on the roads because it was my first experience of doing so and it was a really good experience and I understand that If I ride safely that it is unlikely that nothing bad will happen to cause me any harm while riding on the road. It wasn't really hard for me to ride a bike because I knew how to ride but I had not been on a bike for 3 years and I lost a bit of confidence to ride and I just never went riding on the road. The Bike It! You Can too! 10 week programme was an amazing experience and I think that the school should continue to offer this course to other pupils.

Christiana 9W

When I started the Bike it! You can too! Session at school, I wasn't really sure if I could ride and I didn't feel confident about doing it. I was able to quickly improve my riding skills and now I believe more in myself. As a group we encouraged each other to overcome the challenges of learning to ride as some of the things we had to do were scary, like riding on the road. It was fun riding with my classmates and we have overcome our fears of riding on the road. This bike programme was a great experience!

Assiatou 9

Pupil Voice

The Bike it! You Can too! Learning to ride a bike sessions was an amazing and fun activity that the PE department gave us the opportunity to take part in. It was arranged for 2 instructors, Joe and Rob, to work with girls in my year group who didn't know how to ride or if they haven't rode a bike of years and lost confidence to do it.

I was a bit nervous to ride a bike because I haven't rode a bike for years and I didn't want to fall off and hurt myself. Joe and Rob boosted everyone's confidence on riding a bike and they make the lessons really fun but still challenging as we improved our riding skills. We enjoyed competing against each our as a way to keep us motivate and improve more quickly, it was an exciting was to learn how and improve our riding skills. Sadly the 10 weeks have come to an end but aim to get us all riding on the road was achieved.

Thank you to Joe and Rob to being patience with us and thank you to Mr Klassen and Ms Simpson for working with us and arranging the Bike it! You Can too! Sessions for us.

Petra 9W