



Move
Everybody
Get
Active



Bike Week

Bike Week is an annual opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK, whether this is for fun, as a means of getting around to work or school, the local shops or just to visit friends.

Bike week 2016 will be on 13th- 19th June and is a great opportunity to arrange some cycling related activities in schools.

Hopefully the weather will be good so you could get outside and do a sponsored cycle around the school grounds or some cycling skills sessions. You could try an art or D&T project recycling old bike parts such as inner tubes, create some junk music from bike parts or hold a bikers breakfast.

For more information on bike week go to the website at <http://bikeweek.org.uk/>

