**Cycling and bike maintenance**

**What is Cycling and bike maintenance?**

Cycling and bike maintenance is an intervention that focuses on developing students’ skills and confidence around cycling and preparing for a bike journey including correct helmet usage, checking bikes are ready for use, bike care and correct storage. Students will learn to cycle, develop cycle skills and perform bike repairs from very simple quick fixes to individualised and complex, long term projects.

**Why do we teach this subject at Sunnydown?**

A focus at Sunnydown is to help ensure students are classroom ready and the pastoral team play a large role in this. They deliver half hour interventions - often involving some form of physical activity chosen by the student - with discussion to help the student develop socially and emotionally. It is an opportunity for students to learn to better control emotions, share problems and worries, develop friendship groups and social skills, and build confidence and self esteem. It also gives the student a break from lessons, a staff member they know they can turn to and a (supplementary) part of their timetable they can always look forward to.

These interventions come in many forms but cycling and bike maintenance is a particular focus because cycling is a key activity at Sunnydown School. We aim to ensure every student can cycle at Sunnydown; we do an annual charity bike event that all students are a part of and we hope that during their time with us we can instill in our students a love of cycling that stays with them into later life as part of our ethos of supporting them to live happier, healthier, more independent lives.

Cycling is also a great vehicle in helping students overcome fears, develop confidence and learn the benefits of perseverance and resilience. Cycling and bike maintenance go hand in hand in helping students develop independence so that they not only learn to ride bikes but learn to look after them and repair them. For some that will be an end in itself, for others it could lead to careers in maintenance and mechanics.

**How do we teach Cycling and bike maintenance at Sunnydown?**

Cycling and bike maintenance is an intervention rather than a lesson so it is taught in a different fashion to class based, whole form subjects with as much focus on supporting personal development as improving subject knowledge. The staff member works one to one or usually with no more than two students so students feel safe to open up about problems but can also learn to work collaboratively and develop social skills as appropriate.

It is very much a student led discipline, dependent on the students’ entry level and personal aspirations. One student might learn to ride a bike for the first time and how to correctly put on a helmet, another might assemble a bike from scratch.

**How do we assess progress?**

Progress is driven by individual progress rather than key stage level but potential pathways and qualifications can include Adsan qualifications and a Duke of Edinburgh award. The two introductory Asdans for year 7s and 8s to complete will be Unit Award Scheme 113254 Bike maintenance safety check and/or 105748 Cycling at wheels for wellbeing. These two will give students the grounding in how to put on a helmet, perform a bike safety check and cycle with control. Additional optional AQAs for students who have expressed an interest will be 78531 Introduction to bicycle maintenance and 74013 Bicycle and tricycle mechanics (unit 2).

In addition a limited cohort of students will be embarking on a Duke of Edinburgh award linked to cycling and bike maintenance this year.