

Wheels Days



Aim:

- To promote travelling to school in a sustainable way.
- To encourage students to travel by wheels to school.
- To promote health and fitness
- To have fun.
- To provide students with a safe environment in which to cycle, scooter, skateboard and skate with their peers.
- Road safety skills could be taught as part of the day.



Activities you could hold on a wheels day:

- How slow can you go?
- Time trials.
- Obstacle courses – grind rails, cones, jumps, ramps, half pipes.
- Combination relays (teams made up of each mode of wheel transport).
Helmet checks.
- Bike maintenance checks.
- Demonstrations from professional's e.g. 'Onboard skate' or 'Bigfoot'.
- Road Safety courses – with traffic lights, stop signs, crossings.
- Spot prizes for students who register for the day.
- Wheelers breakfast/lunch.
- Inspirational talks at assembly from sports reps eg Sarah Walker, Sarah Ulmer.
- Brain Injury trust display.

Method:

1. Consult Lead Teacher and Principal about the idea and if agreed upon decide on a date for the event to be held.
2. Plan activities/competitions to be run on the day. Always keep the safety of individuals in mind.
3. Design advertising posters to promote the event.
4. Promote the wheels day at assemblies etc.
5. Students register for the day and events they wish to enter.

Extra equipment required:

- Cones
- Grind rails
- Jumps
- Road signs
- Ramps
- First Aid kits

