

As a result of recent funding Cycling Scotland is offering FREE support materials to support the development of cycle training in schools.

Cycling Scotland has developed two new additional resources to augment the Scottish Cycle Training Scheme (SCTS). The two resources are Ready, Steady, Bike and Go ByCycle which provide a level below and above the SCTS.

READY, STEADY, BIKE

Ready, Steady, Bike has been developed by Cycling Scotland to teach essential cycle control skills. The skills are matched to level 1 of the National Standard for Cycle Training. It is aimed at primary school children, potentially in primary 5 and can be seen as preparation for children participating in the SCTS in primary 6.

GO BYCYCLE

The Go ByCycle award has been designed to follow on from the Scottish Cycle Training Scheme and could be delivered as part of a primary 7 programme. The skills are matched to level 3 of the National Standard for Cycle Training. The intention is for Go ByCycle to provide a platform for the use of a bicycle as practical and healthy means of transport and recreation throughout life.

Both the Ready, Steady Bike and Go ByCycle Resource consists of

- A trainer's guide
- A set of trainer's prompt cards
- A cyclist's guide

Ready, Steady, Bike

Trainers Guide

Prompt Cards

Cyclist Guide

Go ByCycle

Trainers Guide

Prompt Cards

Cyclist Guide

Contact Details

Name:

Address:

Phone:

Email:

Please return completed forms to alasdairmarshall@cyclingscotland.org or by post to:

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