

We'd love to hear from you!

John Clode aka Bike It John is the Schools Officer for South Hampshire.

Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.

Email:

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Bike It School Dates

- Tuesday 3rd, 10th & 24th February—Bike maintenance lessons at King's Academy Bay House
- Wednesday 11th February—Free bike security coding at Elson Junior School
- Monday 23rd February—Bike maintenance lessons at Cams Hill School

Fact(s) of the Month

Active travel can provide significant benefits for children, especially on the school run; children who walk and wheel have a better understanding of their surroundings as well as enabling better social interactions with their peers

December Activities

December saw the biggest Leg it to Lapland yet with 12 schools taking part to get the largest percentage of active journeys to school over a week. We had Rudolph's Nose (Golden Lock), inter class competitions, and Bling Your Rides across many schools, so well done and thank you to everyone who took part!

It's wonderful to announce that this years winners are Shakespeare Infant School who will be having their grand prize of a day with former world scooter champion Terry Price in the spring term!

The top 5 schools were

- Shakespeare Infant School - 90.4%
- King's Academy Gomer - 88.4%
- Hiltingbury Junior School - 75.9%
- Hiltingbury Infant School - 68.5%
- Alverstoke Infant School - 63.9%



Rudolphs Nose at
Hiltingbury Junior School

Bling Your Ride at Elson and
Alverstoke Infant Schools



Bikeability at Boorley Park

Bike It John had the pleasure of spending a few days at Boorley Park Primary School as the school had their first taste of Bikeability training since the school opened. There was a Bike Dr to ensure all pupils bikes were roadworthy and some fun cycle skills for a bit of extra practice.



Year 6 pupils putting their
skills into practice for their
Level 2 Bikeability award



Bike Maintenance Lessons

The first bike maintenance lessons of the year took place in November and December at Cams Hill School. Teaching children from all year groups how to fix punctures, adjust brakes and gears and identify problems with their bikes.

A Pupil from Cams Hill said *"now I know what to do and my Dad doesn't have to mend my bike when he's too busy, just so that I can ride to school."*

A Parent from Cams Hill said *"Many thanks for including [child] in the bike maintenance class this week. He found the day extremely useful and informative [and fun!] and we are so pleased he was not only able to fix up his bike but learn invaluable skills to keep it running well."*

What's coming up?

Walk Wheel Cycle Trusts Big Walk and Wheel 2026!

We are excited to announce that Big Walk and Wheel 2026 will take place between 16th—27th March!



Big Walk and Wheel is the UK's largest interschool walking, wheeling, cycling, and scooting challenge and is sponsored by Schwalbe. Each day schools compete to see who can record the largest proportion of pupils travelling to school actively. Our 2025 challenge saw an incredible 2,759 schools register and just over 2.8 million active journeys logged - that's the most journeys ever logged for Big Walk and Wheel!

11 Hampshire Bike It Schools have registered already, if you want your school to be entered into the early bird prize draw then register here before 16th February <https://bigwalkandwheel.org.uk/register>

Cycle Together Eastleigh Events

Bike It Ray has some great FREE events coming up in the Eastleigh area, including fun bike agility courses and maintenance sessions.

You can find out more and book your place on Eventbrite now
<https://www.eventbrite.co.uk/cc/cycletgether-eastleigh-workshops-and-rides-3539489>



Useful information:

Learn to Ride

Learning to ride a bike for the first time is an individual journey that can be exhilarating and exciting.

Walk Wheel Cycle Trust offers nine easy to follow steps to help children and families on this exciting journey.

Teach a child to ride without stabilisers in 9 easy steps

Check your Bike

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.

Walk Wheel Cycle Trust M-Check

National Cycle Network

Created by Walk Wheel Cycle Trust (formerly Sustrans), The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.

In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.

Over the years many more miles of walking and cycling routes across the country have been created.

To find out more and find a route near you to explore visit:



Walk Wheel Cycle Trust is grateful for the support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.

