

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

- **Monday 29th & Tuesday 30th June - Year 3 Scooter Skills at King's Academy Gomer**
- Monday 29th June - Year 2 Cycling PE at Shakespeare Infant School
- **Wednesday 1st July - Year 2 Cycling PE at Shakespeare Infant School**
- Tuesday 7th July - Year 6 Transition Rides at Boorley Park Primary School.
- **Thursday 9th July - Terry Price Scooter Show & Skills at Shakespeare Infant School**
- Monday 13th & Tuesday 14th July - Year 6 Transition sessions and Bike Dr at Harrison Primary School

May Activities

Bike It John had a much quieter month during May with SATs, GCSEs and May half term all keeping the schools busy, but there was still some excellent walking and wheeling happening across the Bike It Schools.

The Year 5's at King's Academy Gomer completed their Bikeability training with the vast majority venturing out onto the roads to gain their level 2 certificate.

There were three brilliant days of Scooter Skills for Year 3 at Fair Oak Junior School with the children improving the brilliant skills they already have. They played some great games and completed challenges to learn how to balance and control their scooters whilst going extra slow. They avoided obstacles and learned how to safely come to a stop in a number of ways. They shared the imagined pavements and we finished each session with some amazing Scooter Limbo skills!



Scooter Limbo at Fair Oak Junior School



More Scooting fun at Fair Oak Junior School

The Bike Equipment Library is off to a flying start with one of the bike trailers being put to great use by a family via Hiltingbury Infant School. The trailer has gone straight to another family and there are bike seats out on loan too. There is still plenty available - see page 2 for more details.



Pictures and quote from Claire in Chandler's Ford

'We were so thrilled to hear Walk Wheel Cycle Trust was lending out trailers, we've always wanted to have the chance for our children to watch the scenery whizz by and enjoy cycling together. It's brilliant with both children in and our daughter can make use of her bike too so we can cover more distance! it has been joyous, thank you'



What's coming up?

Hampshire Bike Equipment Library

The **FREE** bike equipment library is now up and running, and already has equipment on loan to families but there is still plenty of equipment available.

There are child seat trailers, bike mounted child seats, lights, locks, pumps and pannier racks and bags.

If you would like to borrow any equipment then please get in touch with Bike It John by phone 07708 835330 or email john.clode@walkwheelcycletrust.org.uk



Hiltingbury parents making good use of the Burley double trailer
"We are absolutely loving the trailer, even local rides feel like an adventure"



Summer Holiday Walking and Wheeling Activities

With the summer holidays just around the corner, Bike It John is busy organising some **FREE** events and activities for the summer holidays.

We hope to run plenty of the very popular **Learn to Ride and Cycle Skills** sessions at Toyndee and Cams Hill Schools.

Bike it John will also be joining the [Gosport Summer Passport](#) on several dates offering a **FREE Bike Dr service**.

Details and dates for all of these will be coming soon via your usual school emails, newsletters, Gosport Borough Council website and of course next month's Bike It Newsletter.

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 the [National Cycle Network page](#) on our website



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.



For our health. Our wellbeing. Our world.