

National Bike Week

Green-Schools Travel



National Bike Week takes place this year from 13th – 21st of May and National COW Day (Cycle on Wednesday) will take place on Wednesday, May 17th. This year, to celebrate the joy and benefits of cycling, we have a set of engaging activities and events planned out for schools to help you make the most out of Bike Week. A full list of events is available from our [website](#) .

Listed below are some further bicycle activity ideas that may be of interest:



Bike Safety Check Lesson Plan

This resource is geared towards 3rd – 6th class children and seeks to raise awareness about the importance of ensuring a bicycle is road worthy. The idea is that the students watch the video on bicycle checks in class or at home, complete the quiz and then complete a bike check on their bicycle using the worksheet provided. There are optional follow up activities such as a class broken bike survey or whole school survey which could inform further actions such as arranging for a bike mechanic to visit your school or a bike fixing drive led by parents. Click [here](#) to access this resource



Cycle on Wednesday/Weekday Guide

Cycle on Wednesday/Weekday are key events for the promotion of cycling. This [guide](#) will provide you with lots of ideas to help organise your event. Please note that this guide is bilingual, scroll down to find the Irish version.



Cycling Surveys

Find out how many students wear their helmet or have lights on their bicycle. Use this information to create an action plan i.e. campaign to raise awareness about the importance of helmets etc.

[Bicycle parking survey /Suirbhe Pairceala Rothair](#)
[Bike Day Pre-Survey/ Reamhsuirbhe-ar-La-Rothar](#)
[Cycling Awareness Survey](#)



Green-Schools Videos

Green-Schools compiled a series of [educational videos](#) on the various facets of the travel programme. These have been compiled into a pdf document to make it easier for coordinators to share with other teachers for action days. There is also a wonderful video of ['interviews with cyclists'](#). This could also be an action idea where students relay their cycling experiences.

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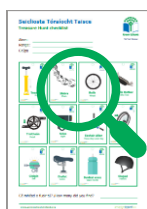
Bicycle themed art activities

- Organise a 'Bling' your bike/helmet competition
- [Design a bike helmet \(Irish/Eng\)](#)
- [Create your own bicycle \(colouring in\)](#)
- [How to make Bike Rim Wreaths](#)
- [Design a miniature bike lesson plan](#)
- [Make your own COW mask/Dean-do-masc-COW-fein](#)



Create a cycling policy for your school

Work with your Green-Schools Committee to create a cycling policy for your school. Ask them to think about cycling to their school and what rules/advice should be adopted by all. For example what would be the safest way to access the school by bicycle, what items of clothing should be worn if you are cycling to school etc. See [example](#) on our website



Bike Themed Treasure Hunts

Hold a 'Treasure Hunt' in your school yard or in your local park. Print and cut out these flashcards and strategically place these around your school yard/park. Ask your students to try and find each one in a fixed amount of time. Two variations are available a) [name the bike type and find the missing word](#) and b) [Bike Part Treasure Hunt \(English/Irish\)](#) and c) [Bike Part Treasure hunt \(irish only\)](#)