

# Green-Schools Travel Videos

Green-Schools Travel – Supporting days of learning



## Cycling Videos



### Bicycle Checks

Green-Schools Travel officer Dave goes through some simple bicycle safety checks. Have you checked your bicycle lately? Watch this video to find out how.

**Links**     [Bicycle Checks with Dave](#)



### Cycling Tips

Green-Schools Travel officers go through some simple tips to keep you safe when cycling.

**Links**     [Adjusting the ideal saddle height](#)  
[Fixing a puncture](#)  
[Pumping Tyres](#)



### Child Carriers & Tow Bars

Travel Officer Lukasz talks about cycling with children using a carrier and the towing bar. Both of these are easy solutions to go longer distances with children who are less confident on the road or not fit for longer journeys.

**Links**     [Cycling with a child carrier & tow bar](#)



### Learning how to Cycle

Green Schools Travel Officer Edwina has created a step-by-step video to show you how to teach your child to cycle. If your child can pedal and balance they will be well on their way to mastering the skill of cycling!

**Links**     [Teaching your child how to cycle](#)



### Interviews with Young Cyclists

Check out Green-Schools #celebratecycling interviews with some young cyclists to learn about what cycling means to them. Tune in its as easy as riding a bike! Why not interview students in your school to find out how they feel about cycling...

**Links**     [Interview with young cyclists](#)