Pedal Power

Cycling is an excellent form of physical activity and is an environmentally friendly way of travelling. There are concerns for the health of our children due to low levels of physical activity many engage in and increasing levels of childhood obesity. Cycling on a regular basis, such as travelling to and from school, can make significant contributions to children’s health and fitness. (Vic Roads, Bike Ed Manual 2009)

Currently, all students in Grade 5 & 6 at Glen Waverley Primary School are participating in Bike Ed, a program that ultimately aims to allow students to become competent to ride safely and independently on the road. After completing the theory component, students have, in their Physical Education and sport time, been using pedal power and participating in practical classes around the school grounds in order to gain confidence and improve their cycling abilities.

The aims of the Bike Ed program are to enable students to:

- Gain knowledge and understanding of the road traffic environment due to the road laws
- Develop the physical and cognitive skills to manage the road traffic environment safely as a cyclist
- Develop responsible behaviours, attitudes and decision-making skills for the safe use of bicycles both on and off the road through participation in enjoyable leaning experiences relevant to their age and abilities.

With varied abilities amongst our students, these classes are challenging and FUN for all. Grade six students will complete their on-road test around the local streets on Friday 27th August in order to complete the Bike Ed program in preparation for camp.

Happy riding!!!