

2018 Sports Premium - additional monies.

Cycle Crew - Cramlington to Amsterdam

Shanklea Primary school used the government 'Sports Premium' Funding and created a bespoke, tailored cycling scheme which provided children with comprehensive cycling support: from guiding and coaching, to providing cycling equipment and advice including fleet maintenance, local route awareness, nutrition and safety. We selected children who do not always participate in our sporting clubs and those who may not be able to afford such activities independently. A strong emphasis was placed upon emotional health benefits such as raised self-esteem and resilience.



The extra sports premium money provided bike handling skills training which showed pupils how to cycle efficiently, improving both balance and coordination. It provided road safety awareness, enabling pupils to ride on roads safely and independently, showing greater awareness of personal safety, respect for other road users and provide an introduction to relevant aspects of the Highway Code. Bike maintenance was also taught and the children learned about the basic mechanics and physics of the bike. Knowledge which could be adapted to other applications in life whilst fostering a sense of personal responsibility and safety.

From January 2018, the Cycling Crew took part in mini cycling tours into Northumberland. They discovered places of interest and facilitated learning by providing some context to the material delivered in class. The programme culminated in an international tour which provided a unique experience to our students who rode from our school to Amsterdam City centre and back, via the ferry of course!

On the 10th July 2018 a skilled group of 15 Year 5 and 6 cyclists participated in a 4 day bike challenge. The route started at Shanklea Primary School in Cramlington where the Cycling Crew was waved off by parents and friends.



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We then cycled to the ferry terminal in North Shields.
However, we didn't get very far until our expert
knowledge of bike mechanics was required!



This job did not defeat us and we were soon back on the road and heading for the ferry. Once there, we cycled straight onto the ferry and secured our bikes for the overnight crossing.



A relaxed and enjoyable crossing was not spoilt by a small amount of seasickness and we all thoroughly enjoyed the delights of the extensive and varied buffet.



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We arrived in IJmuiden, Holland refreshed and cycled to the hostel in Haarlem where we left our bags and picked up our lunch. We cycled into the hustle and bustle of Amsterdam to do some sight-seeing and networking with Dutch children. We cycled through various beautiful parks and ate our lunch amongst the crowds in Museum Square.



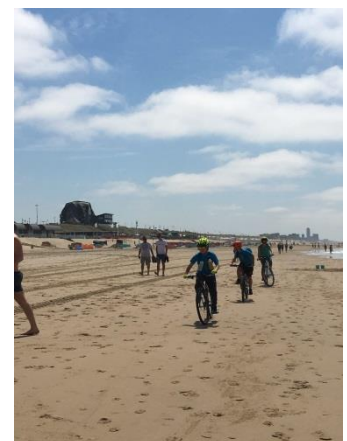
Late afternoon, we cycled all the way back to the hostel, a considerable 36 mile round trip, for some well earned rest and to watch the (disappointing) World Cup semi-final, England versus Croatia.



The next day, we experienced a different side of Amsterdam and cycled to the beach. A first for us all, riding on the sand tested the strength in our legs. However, the scenic views of the three-mile stretch of beach enhanced our efforts.



The children showed their determination, stamina and strength of character completing this part of the ride.



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It was party time on the ferry ride back to North Shields, with another extensive buffet and a youth (and teacher) disco.



The final leg of the journey was the ride back to school, where we completed a lap of honour in front of the whole school on the school field. A fabulous

journey
life time



and a once in a
experience.

In total the Shanklea Cycle Crew cycled 78 miles from Cramlington to Amsterdam and back.

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What was the most memorable part of the trip for you?



"Exploring Amsterdam."



"Amazed by the flatness of the roads!"



"The excitement building up for the trip!"



"Passing the mopeds was scary!"

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"Recovering after falling off my bike!"



"Keep on the right!"



"The disco was amazing!"



"The food on the ferry!"

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"The trip was a once in a lifetime experience."



"I cannot ride on the sand!"



"The best week of my life!"



"Such a huge achievement cycling around Amsterdam."

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"Spending time with each other."



"We want to stay another week!"



"The different people and different types of bikes, some with whole families on and some with a baby seat on the front!"

The Cycle Crew 2018