

# Bike it Amanda's BCP Active



## Alphabetical Adventure

Complete challenges from our alphabet to spell your name and you could win a scooter!

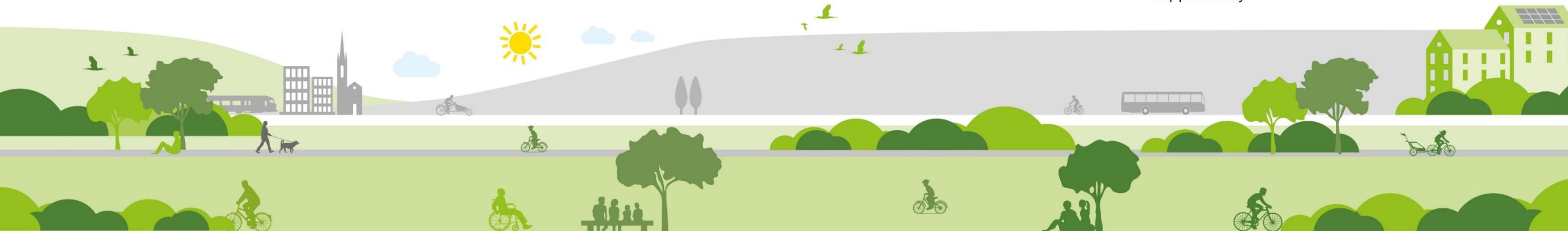
To take part send us a picture collage of you completing these challenges to [bcpschools@Sustrans.org.uk](mailto:bcpschools@Sustrans.org.uk) before Monday 28<sup>th</sup> June 2021.

You can also ask you parents or guardians to share your collages with us on social media. Simply tag us on Twitter at @Sustrans, @BikeItAmanda1 or @BCPCouncil for another chance to win.

A parent or guardian will need to accompany you outside to make sure you're safe when completing these challenges. Please also follow the latest [Covid-19 safety guidance](#).

Funded by BCP Council, this competition forms part of its latest campaign to get more young people, walking or cycling to the school gates.

Find out more: [bcpcouncil.gov.uk/thenewyou](http://bcpcouncil.gov.uk/thenewyou)



# Ready, steady, GO!

**A – Active.** Make least 6 active journeys to school in the next few weeks. Could you travel with a friend or classmate?

**B – Balance** – How slow can you go walking, cycling, wheeling or scooting? Design a course in your garden or the park and have a competition with your friends or household to see who can go the slowest

**C – Carbon dioxide-** Can you reduce your carbon footprint? For C you will need to try and form 3 new carbon reducing habits. Try unplugging chargers when you are not using them, cycle or walk to your favourite places more often or eat a vegetarian or vegan meal once a week? It's time to be creative and get your friends and family involved!

**D – Design** your own futuristic travel machine. How is it powered? How far does it do? Is it good for the environment? Can you make a small version of it out of biodegradable materials you can find outdoors

**E – Explore** a new environment and create some wild art using the theme of active travel. Use the natural resources you can see but be careful not to pick anything that is growing.

**F – Fun** - Being active should be fun, so go out and play, and have some fun!

**G – Go** somewhere new and explore what's there. Is there a skate park or playing field you haven't been to and have always wanted to?

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**H – Helmet** – Find out how to check that your helmet fits properly and is safe to use. Create a poster showing people how to check and wear their helmet

**I – Investigate** the world around you. Have a look at the nature in your local area. How did you get there? What animals and plants can you see or hear? Do you know what they are called and where they live? Draw a picture to show what you have found

**J – is for juggle!** Find 3 balls, pinecones or something similar and have go!

**K – Know** – what do you know about your bike or scooter? What is it made of and where do the materials come from? Can you find out?

**L - is for litter.** Do you know how long it takes for different items to biodegrade? Go outside and see what litter you can see. Is it from people or animals? How did it get there? How could you encourage people not to drop litter? Ask an adult to put the litter into a bin that you find for you.

**M – is for Maps.** Can you remember the last place you cycled, wheeled or walked too? Draw a map of your journey from memory and then try and follow it. How did you do? Did you remember it right or did you forget to add a few things in?

**N – Night time.** Do you go out when its dark? Ask an adult to go on an evening walk or bike ride with you. What did you see and hear? Don't forget to be bright and be seen!

**O – Outdoors** – Go outside and go on a scavenger hunt. Collect 5 natural objects. What did you find? Have you seen it before? Why did you pick them? Share your findings with your household

**P – Pump it up!** Have a go at repairing a puncture in your tyres or simply try pumping them up. If you are not sure how to do this then you should find a good clip on YouTube

**Q –Quack!** Cycle, walk or scoot to your local pond / beach and feed the ducks/seagulls. Bread isn't very good for them as it fills them up and makes them less likely to eat natural sources of nutritious food, which keeps them healthy. They do like eating peas, sweetcorn, oats and rice. Why don't you take a mix and see what they like to eat best?

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The logo for Sustrans, featuring the word "sustrans" in a bold, lowercase, sans-serif font, with a green arrow pointing upwards and to the right above the letter 's'. Below the word is the tagline "JOIN THE MOVEMENT" in a smaller, uppercase, sans-serif font.

**R – Reflective** – be bright be seen. How bright are you when you are traveling on your bike or scooter? Dress up in the brightest clothes you have and go outside for a good old fashioned game of hide and seek. Ask your friends to dress up brightly too and see how far away they can be seen from

**S – Share** what you have been doing! There are many ways to do this but we want you to be loud and proud! Be as creative as you can

**T – Travel** up the biggest hill you can find and take a picture at the top. Did you manage to cycle or walk the whole up?

**U – Understand** how to be safe whilst you are out exploring. Do you stop, look, listen and think before you cross the road? Have a look at the street outside your house or school and work out the best places to cross the road. Can you see the traffic properly? Is there a crossing? Watch what other people are doing, are they doing it well or are they distracted by their phone or music?

**V – Very small creatures!** Make a magnifying glass out of a plastic bottle and go and see what mini beasts you can find outdoors. If you haven't made one before then you might need to look online and find out how to. Can you visit a few places and see if you see the same insects at each place? Don't forget to recycle the bottle after

**W – Wash your wheels.** It's really important to look after your bike or scooter, keeping it clean helps them stay in good condition so give them a treat and make them sparkle again

**X – X marks the spot!** Make a treasure hunt for people in your household to follow

**Y – Y not treat yourself?** You have been working hard to be more active so pack a picnic with your household and travel actively to get to your favourite lunch spot. Enjoy!

**Z – Zig zag** – What are the Zig Zag lines outside your school for? Can you walk, scoot or cycle in a zig zag pattern?



# Terms and Conditions

## Sustrans Bike it Amanda's BCP Active Alphabet Adventure

The closing date for the competition is Monday 28<sup>th</sup> June 2021 at 9am.

We must receive your entry by 9am on Monday 28<sup>th</sup> June 2021 for you to be entered into the competition.

By sending in a competition entry you are accepting the following terms and conditions:

- You are 18 years or over and are the parent or guardian of the child who has done the design for the Sustrans Bike it Amanda's BCP Active Alphabet Adventure

To take part in the Sustrans Bike it Amanda's BCP Active Alphabet Adventure you will need to do is send us a collage of pictures to [bcpschools@sustrans.org.uk](mailto:bcpschools@sustrans.org.uk) before 9am on the 28<sup>th</sup> June 2021.

Please give your name, your child's name and the school that they attend.

Winners will be chosen on 28<sup>th</sup> June and contacted by email within 2 weeks. There is one child's scooter, one child's T-shirt and one set of wheel reflectors to be won. Your prize will be delivered to your child's school for collection.

If the winners do not confirm acceptance within 4 weeks of receiving the email they forfeit any claim to the prize and another winner will be chosen.

No cash alternative to the prize will be offered. The prize is not transferrable. In the event of unforeseen circumstances, Sustrans reserves the right to offer an alternative prize of equal or greater value.

The Promoter is Sustrans, 2 Cathedral Square, College Green, Bristol BS1 5DD.

The name of winners can be obtained by sending a written request to the Sustrans postal address.

## Privacy notice

I confirm that I have understood and agree to the terms and conditions above, and I agree that my details will be held by Sustrans and to contact me regarding 'Sustrans BCP School Easter Competition'. Personal details will be deleted for all systems by 1st June 2021. Sustrans is committed to protecting your privacy and personal data. For more information visit [www.sustrans.org.uk/privacy](http://www.sustrans.org.uk/privacy)

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