



WHY CYCLING

What are the benefits of playing my sport?

No matter what level of cyclist you are, the feeling of speed and freedom gained from riding a bike is really exciting. By taking part every young person can see gains in balance and control, while the sport reduces perceived barriers to physical activity and instils movement outside of the standard PE curriculum.

TOP Tip!

Cycling courses and dedicated cycling facilities can be used creatively to encourage inclusivity, with techniques, games and accessible team activities delivered in unison on separate areas. This can mean that groups requiring more support – such as riders with learning difficulties – are able to ride alongside all competitors as part of a big cycling day.

CYCLING

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Cycling is a hugely popular sport and we are continuing to see success by the Great Britain Cycling Team translate into greater participation across the six disciplines of cycling. At all levels enthusiasm and passion are key to achievement.



It's a challenge to do well at all of the cycling disciplines and everyone should respect the different skill levels of each rider. Volunteers are fundamental in the organisation and running of cycle races, and therefore it is essential that riders also respect and appreciate their contribution.



Cycle sport is highly competitive and winning margins can be very small. It's important to play by the rules and maintain fair play and support race officials and organisers in their roles.



In all cycling events it is important to have confidence in yourself and in the abilities of your team. Practice and preparation is key to a good performance. Supporting your team-mates and believing in yourself will ensure personal best results.



Many disciplines in cycling involve riders working as a team. Working together for a common goal is the essence of any team event either against the clock or other riders. Good communication and a positive team attitude are essential.



Competing in cycle sport can be very challenging, but working hard, practice and preparation will help a determined rider reach their best.

Priority competitions:

Name of the competition: Go-Ride School Games Cycling

Age group: KS2 – Go-Ride and Run, Go-Ride Skills, Go-Ride Circuit Relay
KS3 – Go-Ride & Run, Go-Ride Relay, Go-Ride Team Pursuit
KS4 – Go-Ride Racing (suitable as a standalone event for KS2 and 3 with experience of KS2 and 3 activity first)

Who can run it? All racing can be organised by teachers and other school staff on school playing fields, playgrounds or inside sports halls. There is something for all abilities and age groups.

When does it take place? The Go-Ride School Games Primary and Secondary Intra resource cards can be used as guidance for setting up these competitions. Races can take place during or after school year-round. Any type of bike in good working order can be used, but school staff should complete a simple bike and helmet safety check before delivery.

Next steps after this competition:

- The HSBC UK Go-Ride Racing programme offers ongoing racing opportunities for under 16s, focusing on fun and inclusivity.
- Races are open to male and female competitors and are linked to the six cycling disciplines which are BMX, cycle speedway, cyclo-cross, mountain bike, road and track. You don't need a specific type of bike to race.
- Riders wanting to keep racing can progress to regional and national competition, organised through the National Governing Body. Events at this level will be discipline specific and young riders compete within two year age bandings starting at under 8s through to under 16s on specific bikes.

Where do young people go next (from school to club/community)?

Beyond a young person's involvement in the School Games, it's easy to get involved with regular cycling activities at one of 360 Go-Ride Clubs across the UK. These British Cycling accredited clubs are run by dedicated volunteers, who provide coaching activities to help young riders have the best possible start in the sport.

Young people can find their local Go-Ride Club via the [Go-Ride Club finder tool](#) or find an entry level Go-Ride Racing event via the [British Cycling events calendar](#).

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Signposted competitions:

HSBC UK Go-Ride Racing

Go-Ride Racing is British Cycling's exciting entry level competition programme which offers local competition for novice cyclists under the age of 16, helping young people make a gradual transition into competitive cycling. A British Cycling racing licence is NOT required and the events are strictly aimed at novice racing cyclists. You can find further information here:

www.britishcycling.org.uk/go-rideracing

Young Leader/Officials courses/ qualifications available:

- **Cycling Award for Young Volunteers** — based on volunteer hours completed both in schools and community settings. This is available for 14 to 18 year olds.
- **Racemakers** — British Cycling's Inspire Marked Young Officials programme. This is available for 14 to 18 year olds.
- **Level 1 Award in Coaching Cycling** — is the entry level award in British Cycling's Coach Education Programme and is open to those 16 and over.

Relevant web links:

See competition cards for relevant links.

CYCLING

Competition Card 1.

Name of competition:

Go-Ride Skills

Age group:

KS2

How to enter:

Teachers working with their local SGO and British Cycling's regional teams can organise their own events.

Tournament format:

This event can take place as a standalone competition or school teams can compete in a local school cluster league with riders of the same year/ability groups in either a home and away format or at a central venue depending on facilities. An outdoor space either on a school playing field, playground or car park or any other traffic free space would be suitable.

Simple rules:

- Create teams of four, mixed ability, boys and girls.
- Multiple teams from one school can participate against teams of riders from other local schools.
- Set up a simple slalom along the length of the two straights of the circuit.
- With teams of four each team has to decide which rider will perform one of four skills challenges as part of a relay; one foot scooting, saddle push, bike push, two foot scooting.
- On 'Go' the first rider completes their skill challenge in one direction and rides back to the start, tagging the second rider to perform their challenge and so on.
- Teams can race against each other or against the clock to determine 1st, 2nd, 3rd and secure appropriate points to take forward to the Go-Ride Circuit Relay.

Roles for young people:

Cycling Award for Young Volunteers workshops provide young people with the knowledge to perform a number of different roles in the organisation and running of races. Roles they can perform include:

- Race organisers
- Line judges
- Start and finish judges
- Scorers
- Marshals
- Reporters and photographers

Relevant web links:

Find more competitions like this one on the HSBC UK Go-Ride Racing website:

www.britishcycling.org.uk/go-ride

Young Volunteers:

www.britishcycling.org.uk/youngvolunteers

British Cycling Membership:

www.britishcycling.org.uk/membership

Information for schools:

www.britishcycling.org.uk/go-ride-for-schools

How can regularity be achieved?

Schools can deliver Go-Ride and Run as one element of the three School Games' competition cards to support a series of events/league formats. Each challenge is designed to build skills and confidence so working with this format can enable children to progress on a pathway through each level.

How can depth in competition through extra teams be achieved?

Go-Ride Skills can cater for riders with strengths in different areas. Each team can decide which of the four skills most suits their ability to achieve a better team performance. Schools can enter a number of mixed ability teams which will cater for riders of different abilities.

Think inclusively!

- If appropriate set a shorter course alongside the main course for SEN/disabled riders.
- Create personalised skills challenges for SEN/disabled riders e.g. a tandem cyclist may try to cycle with only one hand on the handle bar.
- Wheelchair users can compete in wheelchairs and perform personalised challenges e.g. perform a 360 turn around one of the cones.

The route from here to County Final - Inter School Competition (Level 3):

The School Games cycling challenges build to provide the necessary skills to be able to take part at County Final - Inter School Competition (Level 3). For teams or individuals who become competent across the challenge cards, events at County Final - Inter School Competition (Level 3) will offer discipline specific racing. County Festival events can be delivered as HSBC UK Go-Ride Races or pupils can be signposted to regional competition.



CYCLING

Competition Card 2.

Name of competition:

Go-Ride Team Pursuit

Age group:

KS3

How to enter:

Teachers working with their local SGO and British Cycling's regional teams can organise their own events.

Tournament format:

This event can take place as a standalone competition or school teams can compete in a local school cluster league with riders of the same year/ability groups in either a home and away format or at a central venue depending on facilities. An outdoor space either on a school playing field, playground or car park or any other traffic free space would be suitable.

Simple rules:

- Create teams of four, mixed ability, boys and girls.
- Multiple teams from one school can participate against teams of riders from other local schools.
- Set the number of laps to be completed. Races should last no longer than ten minutes.
- Judges should be placed on each start finish line to ensure fair play.
- There should be equal teams of riders (usually four) on each side of the track (home and back straight).
- Each team chases their opponents and are timed over a set number of laps.
- The fastest team wins based on the time of the fourth rider across the finish line.
- If one team catches the other the race is over.

Roles for young people:

Cycling Award for Young Volunteers workshops provide young people with the knowledge to perform a number of different roles in the organisation and running of races. Roles they can perform include:

- Race organisers
- Line judges
- Start and finish judges
- Scorers
- Marshals
- Reporters and photographers

Relevant web links:

Find more competitions like this one on the HSBC UK Go-Ride Racing website:

www.britishcycling.org.uk/go-ride

Young Volunteers:

www.britishcycling.org.uk/youngvolunteers

British Cycling Membership:

www.britishcycling.org.uk/membership

Information for schools:

www.britishcycling.org.uk/go-ride-for-schools

How can regularity be achieved?

Schools can deliver Go-Ride and Run as one element of the three School Games' competition cards to support a series of events/league formats. Each challenge is designed to build skills and confidence so working with this format can enable children to progress on a pathway through each level.

How can depth in competition through extra teams be achieved?

The pursuit formats lend themselves to time trials. Teams can be based on a mixture of rider skill levels and recorded times taken to complete laps of the circuit can determine B, C and D teams.

Think inclusively!

- SEN/disabled riders can use tricycles, handcycles and tandem cycles.
- If appropriate set a shorter course alongside the main course for SEN/disabled riders.
- If appropriate, run the competition on a hard surface when including SEN/disabled athletes.

The route from here to County Final - Inter School Competition (Level 3):

The School Games cycling challenges build to provide the necessary skills to be able to take part at County Final - Inter School Competition (Level 3). For teams or individuals who become competent across the challenge cards, events at County Final - Inter School Competition (Level 3) will offer discipline specific racing. County Festival events can be delivered as HSBC UK Go-Ride Races or pupils can be signposted to regional competition.

