



ROCK UP AND RIDE

School Cycling Programme

Developing skills and providing opportunities





The opportunity for schools

Learning to ride a bike is just the beginning. Children and young people need opportunities to develop the skills, confidence and physical literacy to become capable cyclists, but these opportunities are often limited. Glasgow schools have a unique opportunity to change this.

We have two world class cycling facilities on our doorstep - Glasgow BMX Centre and Sir Chris Hoy Velodrome - but many don't know what cycling opportunities are available or how to access them.

Rock Up And Ride bridges that gap. Designed specifically for Glasgow schools, the programme uses BMX to develop bike handling, balance, coordination, confidence and independence, while introducing pupils to the wider possibilities of cycling.

The opportunity for pupils

Through Movement Park's Year of Cycling initiative, pupils who take part in Rock Up And Ride at school will be invited to access free cycling programmes at these facilities, creating a clear pathway from learning at school to continuing to ride, develop and achieve in the community.

Rock Up And Ride gives every child the skills, confidence and opportunity to discover where cycling could take them.

RIDE ROCK UP AND RIDE IS A FREE PROGRAMME FOR GLASGOW SCHOOLS AND SURROUNDING AREAS

What is Rock Up And Ride?

A Scottish Cycling initiative delivered by Movement Park – it's a progressive cycling programme that brings expert BMX coaching into schools, helping pupils develop bike control, confidence and physical literacy through fun, achievable challenges, with a clear pathway into cycling beyond school and in Glasgow's world class facilities.



1

Play

Build skills through fun. Play is at the heart of RUAR Games and challenges develop bike handling, balance and coordination while helping children build a positive relationship with cycling.

2

Build

Grow confidence through progression. Pupils learn at their own level, developing the confidence to try, progress and take on new challenges, the key building blocks of physical literacy

3

Develop

Create opportunities beyond school. RUAR opens the door to cycling beyond the school programme, with pathways into free programmes at Glasgow BMX Centre and Sir Chris Hoy Velodrome, helping pupils continue to ride, develop and achieve.

PLAY → BUILD → DEVELOP



Why Rock Up And Ride?

Rock Up And Ride takes skills further through BMX. It develops bike handling and cycling confidence with opportunities to continue cycling beyond school at Glasgow's world class facilities.

It complements existing cycling programmes by building on their foundations and providing opportunities for progression outside of school, aiming to diversify cycling talent pathways and improve social mobility.

The programme supports the development of physical literacy which is shaped through our physical, emotional, cognitive, and social experiences, which together influence how we feel about movement and physical activity. These four interconnected components - move, think, feel and connect - help children develop the confidence, enjoyment, understanding, and relationships needed to lead active, healthy, and fulfilling lives.

Move

Balance • Coordination • Bike handling •
Braking • Turning

Think

Decision making • Risk awareness •
Responding to challenges • Spatial awareness

Feel

Confidence • Resilience • Independence •
Motivation • Enjoyment

Connect

Inclusion • Support • Teamwork •
Communication • Empathy

What pupils will learn?

1. play

2. build

3. develop

Ideal for paved roads and
frames, narrow tires, and
They're perfect for speed a



Balance



Starting/stopping



Steering



Turning



Ramps



Body position



Speed control



Linking skills



Bikers Club - BMX at Glasgow
BMX Centre



City Academy - Track cycling,
freestyle and power bikes at
Sir Chris Hoy Velodrome



Gear Up - Combined BMX and City
Academy programme across both
venues

Who is it for?



Suitable for:

P4 – 7 in primary schools
S1 – S4 in secondary schools

Ability:

Able to ride a bike standing up on their pedals, but no BMX experience necessary

Class size:

16 pupils

Class duration

45 minutes

Bike and helmets:

Provided by Movement Park

Space requirements:

Playground



Curriculum & school priorities

Through progressive, practical cycling experiences, pupils develop movement skills, cognitive skills, physical fitness and personal qualities while experiencing challenge, enjoyment and opportunities to apply their learning. Rock Up And Ride supports learning across Health & Wellbeing and Physical Education, with activities designed to develop the four Significant Aspects of Learning.

CfE Significant Aspect of Learning	How Rock Up And Ride supports it
Physical competencies	Balance and control • Coordination and fluency • Kinaesthetic awareness • Spatial awareness • Bike handling
Cognitive skills	Focus and concentration • Decision-making • Problem-solving • Sequencing • Responding to cues • Adapting to challenges
Physical fitness	Stamina • Speed • Core strength and stability • Sustained physical activity
Personal qualities	Motivation • Confidence and self-esteem • Determination and resilience • Communication • Respect and tolerance

What does it look like in practice?

1



WARM-UP & MOVEMENT

- ✓ Get the body moving
- ✓ Build confidence
- ✓ Prepare to ride

🕒 10 MINS

2



CORE BMX SKILL

- ✓ Break it down
- ✓ Practice with purpose
- ✓ Build the foundation

🕒 15 MINS

3



CHALLENGE / APPLICATION

- ✓ Put skills to the test
- ✓ Try it your way
- ✓ Level up the challenge

🕒 15 MINS

4



REFLECTION / PROGRESSION

- ✓ Go over skills
- ✓ Reflect on learnings
- ✓ Set goals for next session

🕒 5 MINS

What do we need from the school?

We provide

- Qualified/experienced coaches
- Bikes and equipment
- Session planning
- Posters for school
- Letters and flyers for parents
- Risk assessment
- Participant feedback
- Impact reporting

The school provide

- Suitable space
- Staff member present
- Pupils
- Consent forms
- Access to toilets/water
- Any relevant pupil support information





Safety and safeguarding



**All coaches PVG
checked and
first aid
qualified**



**Risk
assessment and
public liability**



**All bikes and
equipment
regularly
checked and
maintained**



**All helmets
provided**

Measurement and impact

Rock Up And Ride tracks and measures impact through pupil surveys and coach observation. Movement Park provide schools with a school specific report on the programme which measures impact across the four Significant Aspects of Learning.

PUPIL SURVEYS WILL MEASURE

- ✓ Confidence
- ✓ Enjoyment
- ✓ Interest in cycling
- ✓ Resilience
- ✓ Motivation

COACH OBSERVATIONS WILL MEASURE

- ✓ Spatial awareness
- ✓ Coordination
- ✓ Bike control
- ✓ Skill progression



The progression pathway

1



ROCK UP AND RIDE SCHOOL PROGRAMME

P4 – P7 / S1 – S4 cycling programme in schools to develop skills and introduce pupils to the wider possibilities of cycling.

2



FREE BMX/TRACK PROGRAMME

Bikers Club four week programme at the BMX Centre, City Academy track, freestyle and power bikes at the Velodrome and Gear Up across both venues.

3



BIKERS CLUB AND BMX BANDITS

Weekly classes run by Movement Park at the Glasgow BMX Centre focused on BMX skills and racing technique.

4



BMX RACING / TALENT PATHWAY

Opportunities into racing and cycling or continuing cycling as a hobby for lifelong active travel and wellbeing.

How to take part

If your school would like to join our Year of Cycling initiative and get access to a free cycling programme, impact report and progression opportunities for pupils please contact our community officer Kirsty Mitchell on kirsty.mitchell@movementpark.org.uk.

Suitable for:

P4 - 7 in primary schools
S1 - S4 in secondary schools

Where:

School playground

Group size:

Up to 16 children

Session:

45 minutes

Duration:

3 hours a day (schools can book more than one day)

Equipment:

Provided

Coaches:

Qualified and PVG checked

Cost:

Free to schools in Glasgow and surrounding areas



Why Movement Park?

Movement Park is more than a cycling provider. We are a Glasgow based charity committed to developing physical literacy. We believe learning the fundamentals of movement gives every child and young person the opportunity to build physical literacy for lifelong health and well being. We are committed to educating on the benefits of physical literacy and investing in pathways that help children and young people build the skills they need to thrive.



**Experience working with
Glasgow children and
young people**



**Experience delivering
school programmes**



Qualified coaches



**Strong progression
opportunities**



Inclusive programmes



Existing facilities



What is the year of cycling?

A 12 month initiative to create Glasgow's most accessible cycling pathway, helping hundreds of children, young people and families discover the confidence and freedom that comes from riding a bike.

From balance bikes and learn to ride sessions to BMX, freestyle and track coaching and races, there will be opportunities for all ages and abilities to get involved which will support ongoing progression and social mobility.

Our vision is to help children, young people and families facing barriers to cycling achieve the confidence and skills to make cycling part of their regular physical activity.

Community

RCommunity rides • Wheelie Fun Day • Junior Bikers Festival

Classes

Learn to ride • Bikers Club • BMX Bandits

Workshops / Events

Bikers Club Workshop • Bike Maintenance Workshop • BMX Bandits Club Race Night

Programmes

Rock Up and Ride School Programme • City Academy • Gear Up • Gear Up Girls • Holiday Camps

MOVEMENT PARK YEAR OF CYCLING

Play. Build. Develop.



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