



Silver 2024-25 Connecting Schools Grant Case Study

Empowering students through bike education - Queens Park Primary School

What they did

- Delivered four practical bike education lessons for Year 3 students.
- Hired 15 bicycles and provided helmets so all students could take part.
- Supported the Your Move Champion to become an accredited bike education teacher.

What was achieved

- Helped more students build basic riding skills, confidence and bike control.
- Enabled students without bikes or helmets to participate safely.
- Contributed to a noticeable increase in students riding to school after bike education days.
- Supported 18 per cent of students who initially could not ride to ride unassisted and brake correctly by the end of the program.

Why it worked

- Removing equipment barriers helped make the program inclusive and accessible.
- On-site lessons gave students a familiar, supportive space to practise safely.
- Building staff capability made delivery more practical and sustainable for the school.

Advice for other schools

- Start by identifying the barriers that stop students from riding.
- Make sure bikes and helmets are available for students who need them.
- Use school grounds to build confidence before encouraging riding beyond the lesson setting.
- Invest in staff training so bike education can continue beyond the grant period.

“The Silver Connecting Schools Grant gave all students access to a safe bike and helmet, helping them build their riding skills and confidence.” — Sam Goodhill, Your Move Champion





Background

Queens Park Primary School identified that many students had limited experience riding a bike. For some students, cultural background, recent migration to Australia, or lack of access to a bicycle meant they had not yet developed the skills and confidence to ride safely. Through its involvement in Your Move, the school saw an opportunity to remove these barriers and give students practical riding experience in a supportive school environment.

Project Description

In 2024, Queens Park Primary School received a Silver Connecting Schools Grant to support bike education for Year 3 students. The school's Your Move Champion became an accredited bike education teacher and planned to self-deliver lessons on school grounds. Grant funding was used to hire 15 bicycles and provide helmets so all participating students could take part, regardless of whether they owned a bike.

Key steps included:

- Identifying that many students did not have the skills, confidence or equipment needed to ride a bike safely.
- Supporting the school's Your Move Champion to become an accredited bike education teacher.
- Using the Silver Connecting Schools Grant to hire 15 bicycles for students without access to a bike.
- Providing helmets so all students could participate safely.
- Delivering four practical riding lessons on school grounds for Year 3 students.

Outcomes

- Bike education days led to more students riding to school.
- 18 per cent of students who could not initially ride could ride and brake independently by the end of the program.
- Students improved balance, braking, bike control and confidence in a supportive school setting.
- Hired bikes and helmets removed key barriers to participation.
- Parents and students valued the confidence, independence and active travel skills gained.

Key Takeaways

- Access to equipment is critical: bike hire and helmets helped ensure every student could participate.
- Building staff capability helped the school deliver bike education in a sustainable way.
- Practical, hands-on lessons can quickly improve student confidence and basic riding skills.
- School-based bike education can encourage more students to consider riding as part of their journey to school.

Acknowledgements

- Queens Park Primary School community for helping Sam Goodhill to deliver the bike education program.
- DTMI's Connecting Schools Grant for supporting access to bikes, helmets and practical riding opportunities for students.





Figure 1 - Students completing bike education undercover

Read the story about this project here:

[Your Move | Bike Education at Queens Park - Connecting Schools Grant](#)

