

Pedal Power

cycling skills course



Cycling is a great way for youth to explore their neighborhood, gain independence and get a healthy dose of physical activity. And yet, there have been few formal training opportunities that address how to build bike riding competence and confidence.

GreenUP and B!KE developed Pedal Power to fill that gap. Our training course will teach your students important cycling skills by getting them on their bicycles, and allowing them to practice skills and problem-solve in a safe learning environment.



WHAT : Six sessions (1 in-class lesson and 5-lesson cycling skills unit delivered on bikes in the school yard).

WHO : Grade 5 classes (and split classes!)

WHEN : May and June

COST : With subsidies and grants we are happy to offer Pedal Power at no cost at this time.

“I was impressed by the skills and knowledge presented. There was good review for me too! I like how the instructors made the drills realistic, so that students will be able to apply them.” Teacher, 2014 Fall

To apply visit www.greenup.on.ca.
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Pedal Power FAQ's

Pedal Power has been delivered to over 1500 students in the Peterborough area since 2013. We strive to ensure that every student can participate. Here's how we do it!



1. Who teaches the course?

Three trained cycling instructors will lead your students through the Pedal Power lessons. Some lessons are completed as a whole class, while others are done in small groups. The teacher must be present and is welcome to participate, too!

2. What if a student doesn't have a bike or can't bring it to school?

We have a fleet of Pedal Power bikes that can be borrowed for the lessons. However, we do encourage students to bring their own bike for a lot of reasons - it will be tuned-up by a bike mechanic on the first day, it's nice to learn new skills on familiar equipment, and it allows for whole group activities. Over the past few years, we have not run into a lack of bikes being an issue, even at schools with large populations of bus riders.

3. What if a student forgets their helmet?

We have Pedal Power helmets, too. Students who do not own a helmet will receive one for the duration of the course, and a few extras are brought each week in case a helmet was forgotten at home. All students will be required to wear a bike helmet. It's the law!

4. How do you schedule the lessons?

We book the same day and time for 5 weeks through May and June - example, Mr. Spoke's class, Tuesday's from 9:00 to 10:30.

5. How much time is needed for each lesson?

Each lesson requires a 75-100 minute block.

6. How do teachers get this program for their class?

Teachers, within the City of Peterborough, that are interested in bringing Pedal Power to their class can visit www.greenup.on.ca/pedal-power/ for a link to the application.

